AMERICA'S LEADING HEALTH MAGAZINE

Prevention®

LOSE 10 STUBBORN POUNDS— FOREVER!

25 Foods That Lower Your Blood Pressure

FOOD FIBER: Nature's Single Best Medicine

November 1987 / $1.50

Dairy Calcium.

HOW NATURE REPLACES WHAT TIME TAKES AWAY.

Three servings from a variety of delicious dairy foods can give you all the calcium you need every day (800 mg.): 1 cup plain lowfat yogurt (415 mg.), 1 cup cottage cheese (154 mg.), 2 oz. cheddar cheese (408 mg.), 1 cup whole milk (291 mg.).

Nature is wise. When time pulls the calcium from our bones, nature provides a fresh source. Dairy foods. To enjoy their benefits, we can simply enjoy the variety of dairy foods.

Three servings from a variety of cheese, cottage cheese, yogurt and milk can give you all the calcium you need every day.* A single ounce of cheddar cheese will give you more than 25%. A cup of plain yogurt provides more than 50%. And a cup of cottage cheese is 17%. A glass of milk is over 35%.

And dairy foods fit naturally into a balanced diet. Milk with your cereal at breakfast; a yogurt shake for lunch; cheese enchiladas for dinner. That will satisfy your daily need for calcium.

Or a yogurt dressing for your salad. Or a buttermilk dressing. Or bleu cheese.

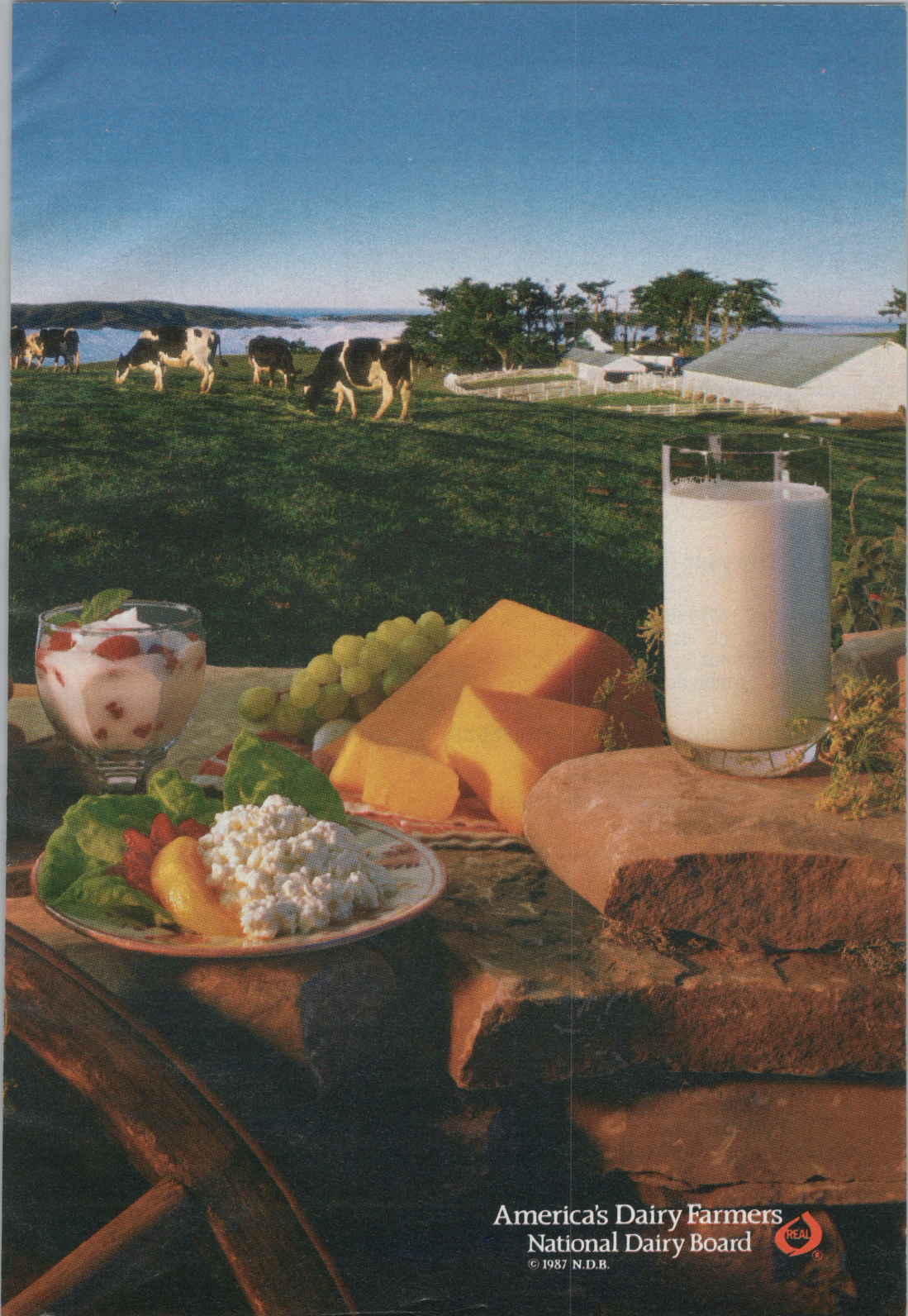
Or a quiche or a cheese casserole.

How about creamy chowder on a cold day? Or cottage cheese and fruit on a warm one.

No matter how you prefer to enjoy it, dairy calcium is calcium the way nature intended. And time can't change that.

*Percentages based on the Recommended Dietary Allowance (RDA) of 800 mg. per day of calcium for women, 19 and older. However, the RDA for pregnant and nursing women is 1200 mg.

DAIRY CALCIUM. CALCIUM THE WAY NATURE INTENDED.™



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Prevention®
AMERICA'S LEADING HEALTH MAGAZINE

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(FOOD STYLIST COORDINATOR)

"VASELINE DERMATOLOGY FORMULA MAKES MY DRY SKIN FEEL LIKE NEW AGAIN"

Barbara Koenig
Lucas, Ohio

"My hands get so dry and cracked lately, I can hardly recognize them. They can get so raw they actually hurt.

After trying Vaseline Dermatology Formula, though, I can feel a difference right away. Cracking and tightness are relieved. And it helps my skin look like new again.

As a medical secretary, I've tried a lot of things through the doctor's office and found that nothing helps more than your Dermatology Formula."

More and more people are discovering that Vaseline Dermatology Formula Lotion restores moisture to rejuvenate dry, chapped skin. Developed and tested with dermatologists, Vaseline Dermatology Formula Lotion can make your skin look normal and healthy in as little as four days.

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THE PRESCRIPTION FOR HEALTHIER SKIN

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Circulation now more than 2.85 million

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PREVENTION'S reporting is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by various researchers cannot be used to diagnose or treat individual health problems. A health-care professional can best guide you.

PREVENTION (ISSN 0032-8006) is published monthly by Rodale Press, Inc. Subscription rates United States and Possessions—one year $13.97, two years $24.97. (Canadian subscribers, add $5 extra per year for postage. All other foreign, add $6.) Subscription service, including change of address, write to Dolores Timar. Please enclose address label. Publication, executive, advertising, editorial and subscription offices, 33 East Minor Street, Emmaus, PA 18098; (215) 967-5171. Copyright 1987 by Rodale Press, Inc. Robert Rodale, Chairman of the Board; Marshall Ackerman, Vice-Chairman; Robert Teufel, President; David Widenmyer, Treasurer. Printed in U.S.A. Second-class postage paid at Emmaus, PA, and at additional mailing offices. IN CANADA. second-class postage paid at Montreal. Quebec Second-Class Mail Registration No. 9464. Returns and address changes to 49 Westmore Drive, Rexdale, Ontario M9V 4M3. Postmaster: Send address change to *Prevention*, 33 E. Minor St., Emmaus, PA 18098.

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Campbell's Soup.

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An Energy Boost For Menopause

Doctors have known for years that all women have in their blood small amounts of the male hormone, testosterone. They've also known that testosterone levels drop at menopause or with removal of the ovaries.

Until recently, though, they had no idea what testosterone does in women. As a result, they made no attempt to replace it when levels were low. Now, though, studies by Barbara Sherwin, Ph.D., of McGill University in Montreal, show testosterone plays a crucial role in maintaining a woman's quality of life.

She's studied women who have had their ovaries removed along with a hysterectomy. When these women received a once-a-month injection of a testosterone/estrogen drug, they said they felt more energetic and were more interested in sex than when they received estrogen or an inactive look-alike only. They were much less likely to complain of feeling tired, irritable, nervous or depressed.

"They feel better, plain and simple," Dr. Sherwin says. One concern—that testosterone might elevate blood cholesterol—proved unfounded, at least with the injectable form. And only 10 to 15 percent of the women Dr. Sherwin has treated have developed mild reversible hirsutism, or facial hair.

"Many of these women are on long-term estrogen because it protects against osteoporosis and heart disease," Dr. Sherwin says. "Whether they also need testosterone is an individual matter. I would say that 75 percent of the women we see are candidates for it. They may report lack of sexual interest in an otherwise good relationship, or they might be working women who are just not feeling as peppy as they'd like."

Although still not routine, this treatment is being offered by more and more gynecologists, Dr. Sherwin says. □

COMSTOCK / TOM GRILL

LOOKS SO DARK AND RICH, SHOULDN'T YOU SWITCH?

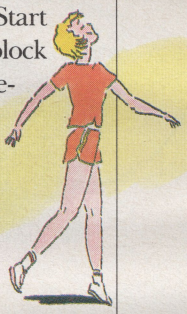
Each cup was made with the same amount of coffee. But not the same kind. Mountain Grown Folgers® dark, sparkling Crystals are the difference.

Walking Away From Fatigue

Too tired to wash the dishes, much less stroll around the block? That lack of activity could be causing a vicious circle of fatigue that leaves you too tired for chores—*or* exercise, says Harold Kohl, a statistician at the Institute for Aerobics Research, in Dallas.

Kohl examined the medical charts of patients at the Institute. He found the people who complained of chronic fatigue were much less fit and had less stamina than patients who didn't complain of being tired all the time. They did poorly when they were tested on a treadmill. Two years later, though, these same people were much less likely to complain of fatigue if they had improved their cardiovascular fitness through an exercise program. They proved they had become more fit when they were again tested on a treadmill.

"The idea is to make yourself start doing whatever activities you *can* do, however small," Kohl says. "Start a garden. Walk around the block or a mall. Do some housecleaning. You don't have to run a marathon. Just doing a little bit may have obvious energy benefits compared to not doing anything at all." □



KERRY GAVIN

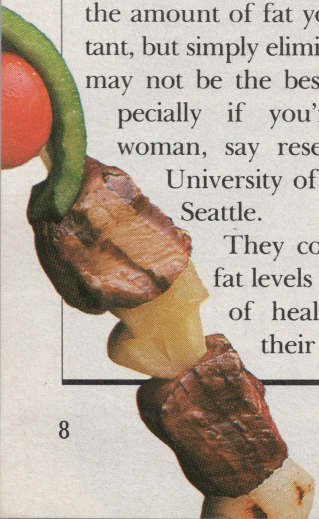
No Fat Advantage In Meatless Meals?

Have you forsaken steaks and burgers in an effort to cut fat? Reducing the amount of fat you eat *is* important, but simply eliminating red meat may not be the best approach, especially if you're a younger woman, say researchers at the University of Washington in Seattle.

They compared blood-fat levels in three groups of healthy women in their 20's and 30's. One group got most of their protein from red meat; another, from poultry and fish; the third, from eggs and dairy products.

But even with these very different protein sources, blood-fat levels, including cholesterol, were similar in all three groups of women.

"In younger women, eating less red meat apparently does little to reduce the risk of heart disease," says Bonnie Worthington–Roberts, Ph.D., the study's main researcher. It may even be unwise, she says. "One of the most common health problems for this age-group is iron deficiency and one of the best sources is red meat." □



THE IMAGE BANK

Minor arthritis pain: Why doctors recommend the medicine in new MEDIPREN® nearly 2 to 1 over aspirin.

ibuprofen

If you suffer from minor arthritis pain, you know it's more than a minor inconvenience. You know how uncomfortable you are when your arthritis acts up. How painful your joints can feel, especially in the morning. How even simple tasks can seem overwhelming. Not to mention the stomach irritation you can get from taking aspirin.

It's for all these reasons, you should know about new MEDIPREN. And why it's a better choice than aspirin for the relief of minor arthritis pain.

Q. What is MEDIPREN?
A. The medicine in MEDIPREN is ibuprofen, the same ingredient that's in Motrin.® Ibuprofen is the most widely recommended prescription ingredient for the relief of minor arthritis pain. In fact, it's recommended by doctors nearly 2 to 1 over aspirin. New MEDIPREN contains a nonprescription strength of ibuprofen.

Q. Why is MEDIPREN better than aspirin for minor arthritis pain?
A. Just one MEDIPREN relieves pain more effectively than two regular strength aspirin. And you get relief that works for hours. In fact, you can't buy anything stronger without a prescription.

Not only is MEDIPREN more effective than regular aspirin, it's also safer for your stomach than aspirin because it contains ibuprofen. Years of medical research have proven that ibuprofen is less likely to cause stomach irritation than aspirin.

This is especially important because arthritis pain tends to recur frequently. To get needed relief you'll probably have to medicate two or three times a day for several days.

So when you consider both effectiveness and the risk of stomach irritation, MEDIPREN makes much better sense than aspirin.

Q. When should you use MEDIPREN?
A. When minor arthritis pain interferes with your normal routine, relieve the pain with MEDIPREN.

While MEDIPREN contains no aspirin, people who have experienced an allergic reaction to aspirin should consult their physician before using MEDIPREN.

Q. Who makes MEDIPREN?
A. MEDIPREN is brought to you by the makers of TYLENOL® products, so you know it is a product you can trust. But MEDIPREN is very different from TYLENOL. TYLENOL, the pain reliever hospitals use most, contains acetaminophen, which is ideally suited for headaches, fever reduction, and general pain. However, MEDIPREN contains ibuprofen, ideal for relieving body aches and pains, including minor arthritis pain.

So the next time you need relief from the minor pain of arthritis, remember MEDIPREN, the pain reliever with the prescription ingredient recommended nearly 2 to 1 over aspirin.

FROM THE MAKERS OF TYLENOL® PRODUCTS
MEDIPREN
Relieves Body Aches and Pains
Caplets – 200 mg each
Ibuprofen Pain Reliever
FROM THE MAKERS OF TYLENOL® PRODUCTS
Relieves Body Aches and Pains
MEDIPREN®
Ibuprofen Pain Reliever
Tablets – 200 mg each

When your body hasn't got time for the pain.

Remember, no drug should be misused, so follow label directions carefully.
Motrin® is a product of another company.
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Take Heart—The Doctor's on Call

It's tough sometimes for doctors trying to diagnose their patients' irregular heartbeat. The heart may do all its fluttering and sputtering at home but refuse to act up in the doctor's office. That makes diagnosis and treatment difficult. And it may mean a problem isn't treated as promptly as it should be.

Now, though, it's possible to capture the heart's idiosyncrasies on paper, within minutes, with a device called an event transmitter and a phone call.

You put the transmitter, a box the size of a small radio, on your chest, call your medical center, identify yourself, and place the telephone mouthpiece on the unit. A machine at the other end monitors your heartbeat, creating an instant electrocardiogram.

The doctor on duty can immediately interpret the results and make a diagnosis.

Pacemaker patients have been using these devices to check their hearts for more than 10 years. "The ideal new user," says David R. Holmes, M.D., cardiologist at the Mayo Clinic, "is the arrhythmia sufferer who has spells that are intermittent (making them hard to diagnose) and lengthy enough (10 or 15 minutes) to last through a phone call."

Patients at the Mayo Clinic take a transmitter home on loan, then pay $30 whenever they use it. □

MAYO CLINIC

Tight Collars Put a Squeeze on Vision

A better term for white-collar workers might be "tight-collar" workers, considering the results of a recent study. And the loss of blood flow to the head caused by their strangling attire may affect more than just their comfort.

Researchers at Cornell University sampled 94 white-collar workers, and found that 67 percent of them were wearing shirt collars that were too tight. When the group was given a vision test, it was found that the ability of their retinas to make rapid adjustments to changes in light was being impaired.

"Our test happened to be with vision, but we suspect all the major senses could be affected: hearing, taste, smell and even the ability to think clearly," says Cornell University researcher Susan Watkins. ⇛

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Use as directed.

And it doesn't take much. "A discrepancy of just a half an inch between shirt collar and true neck size could be enough to have an effect," Watkins says. "The eyes are extremely dependent on adequate blood flow. For anyone whose work depends on his vision—pilots, bus drivers, machine operators, even someone working with a typewriter or computer—the degree of impairment caused by a tight shirt collar could be significant."

Dress for Success author John T. Molloy points out that too-tight collars have even been known to cause speakers to lose their voices.

Unfortunately, he says, unbuttoning the top button is considered a career-builder's no-no. But correcting the problem may be as easy as employing a tape measure. "Many men have their shirt size measured at age 22 and continue to wear that size throughout life whether they've gained weight at age 32 or become thin at 60," says Molloy. "The best rule of thumb is to be able to freely pass two fingers between the collar and neck."

If you're stuck with a neck that's proportionally larger than the rest of you, though, a custom or "semi-custom" shirt, ranging in price from $45 to $100, might be necessary.

If those solutions are unfeasible for you, what else can you do? We say open your collar and see. □

Magnesium Stops Heart Arrhythmias

Heart-attack victims who receive a healthy dose of magnesium on admission to the hospital are less likely to suffer dangerous arrhythmias, according to a recent study by Israeli researchers. Such episodes of irregular heartbeat are often a fatal complication of heart attacks.

Forty-eight patients suffering from acute heart attacks received magnesium sulfate as a single intravenous dose. Of those, only seven went on to develop arrhythmias. Of a group of 46 similar patients receiving a harmless placebo injection, 16 developed arrhythmias (*Archives of Internal Medicine*, April 1987).

"Magnesium quickly leaves heart cells after a heart attack. That can cause instability in the electrical properties of the muscles that control the heart's pumping action," says Burton M. Altura, M.D., professor of physiology at the State University of New York Health Science Center in Brooklyn.

Raising blood magnesium levels helps to prevent magnesium from leaving heart cells, and so helps the heart endure more stress. □

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The Best Breast Exam Yet

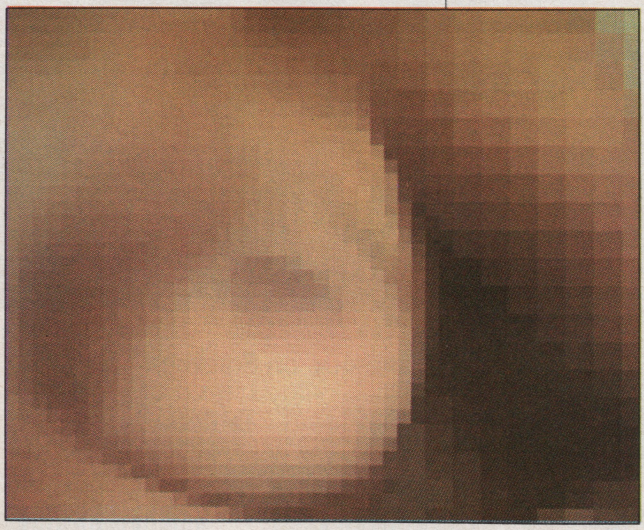
Now the term "new and improved" applies to the lifesaving breast exam you perform each month.

The *vertical-strip* breast self-examination technique enables women to cover more breast tissue more thoroughly, in the same amount of time they spent with previous approaches. A better exam increases the chance of early detection, which can lead to an improved prognosis should a discovered lump be malignant.

You perform the vertical-strip exam by palpating, in up-and-down columns, the roughly rectangular region bounded by your collarbone, sternum, bra line and armpit. This rectangle encompasses all the areas in which breast tumors are known to form.

Two other methods women have been using are the widely taught concentric circle pattern (the search path resembles a spinning top) and the radial spoke pattern (the search path resembles a bicycle wheel). But two trials done at the University of Florida found the vertical strip to be almost twice as efficient as the circular approaches (*Cancer*, December 1986).

You can learn the vertical-strip technique with the MammaCare Learning System, an instructional videotape doctors can purchase and loan to patients. It comes with two silicone breast models for hands-on skill development. By the end of the tape, you should be able to perform an effective vertical-strip exam on your own breasts.



GENIGRAPHICS

For more information on obtaining the system, your doctor can write to Mammatech Corporation, 930 N.W. 8th Ave., Gainesville, FL 32601, or call (800) 626-2273; in Florida call (904) 375-0607. ■

Fact:

Puritan® has 30% less saturated fat than even safflower or sunflower oils.

SATURATED FAT LEVELS IN OILS

Puritan	**6%**
Safflower	**9%**
Sunflower	**11%**

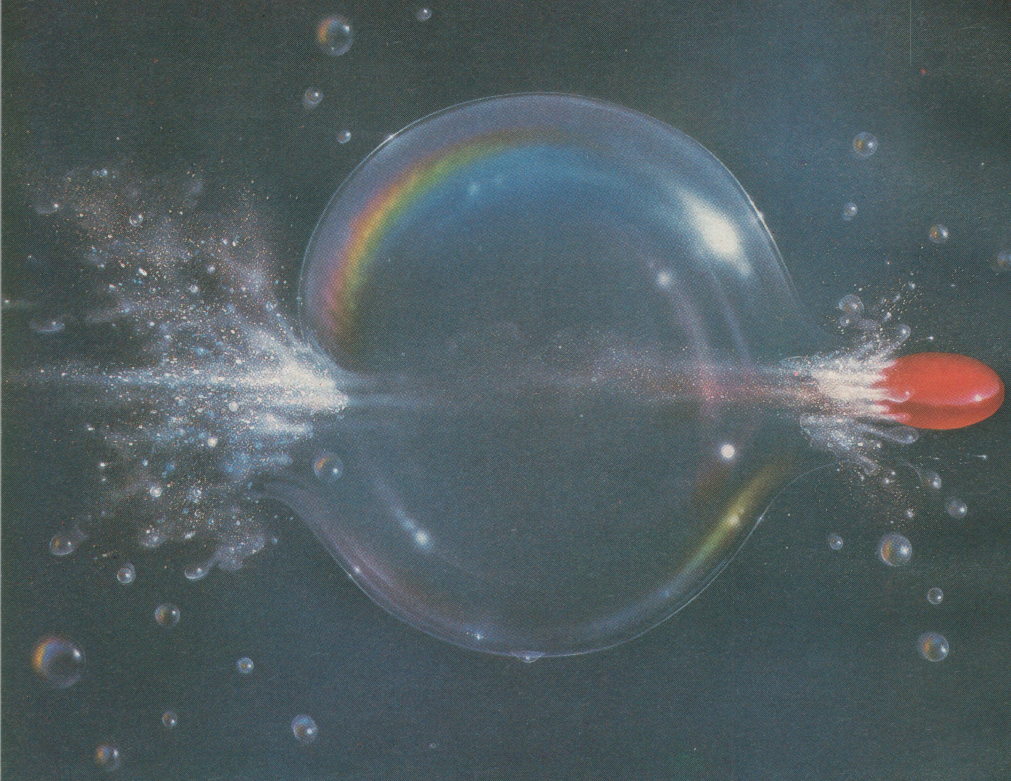
You know reducing saturated fat in your family's diet is important because that can help reduce high levels of cholesterol in the blood.

You may be surprised to learn that Puritan is naturally lower in saturated fat than even safflower or sunflower oil. That's because it's made from Canola—the vegetable oil lowest in saturated fat. So when you cook with Puritan, every drop on your salads, every teaspoon in your cooking can have 30% less saturated fat than even safflower or sunflower oils.

Good Reason
To Make Puritan Your Oil For Life.

New bottle available in limited areas.

GASBUSTER



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RC 6060

Unlike many antacids, PHAZYME 95 does *not* cause side effects—such as diarrhea or constipation—*or* interfere with other medications.

What PHAZYME 95 *does do* is relieve painful gas...fast and effectively. So, if the problem is gas pain, why take anything else?

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Running for My Life

For years I suffered from severe wintertime depressions. But one winter a friend of mine suggested that I take up running. And after several weeks of enduring the usual depression, I decided to take my friend's advice.

I started running one mile at each workout. Gradually I worked up to two miles, then three. Until finally I was up to 10. Running became the only thing I could really concentrate on and do successfully, since my depression interfered with everything else. It gave me a sense of accomplishment. It made me feel good about myself. It gave my life some meaning. And eventually my depression seemed to fade, and I felt confident enough to overcome it altogether.

I discovered that running is not only good for the body but also the mind.

LISETTE KIRCHNER
Chestnut Hill, Massachusetts

Never Too Old to Walk

I'm 70 years old and a member of PREVENTION's Walking Club with an "Elite" patch. I walk a 13-minute mile—five miles a day, six days a week. And the old body feels so much better for it. Walking is even relieving my lower-back pain. Thanks for the encouragement to keep walking!

LAFE J. MATTINGLY
New Orleans, Louisiana

Mailbag is an exchange of ideas on health-care issues and experiences among interested readers. Letters should not be construed as scientific information or as substitutes for professional medical advice. Address your letters to **PREVENTION Readers' Service, Attn: Mailbag, 33 E. Minor St., Emmaus, PA 18098.**

Tattoos for the Eyelids?

I've been hearing a lot about these new "permanent eyeliners." Rumor has it that they're really just old-fashioned tattoos for the eyelids and that they may be dangerous. But if the rumors are false, I'd jump at a chance to avoid putting on eyeliner every single day of my life.

BRENDA CLARK
New York, New York

Editor's Note: The process, called "pigment implantation," is an office procedure done under local anesthesia by a physician. The doctor implants tiny dots of pigment just beneath the top layer of your skin, using a rapidly vibrating device with a one-use, surgical needle.

Letters to PREVENTION are handled by our Readers' Service. Those of general interest are considered for publication. As a matter of policy, we do not offer advice on personal health problems nor make any recommendations concerning products. Letters referring to a specific article should indicate the date of the issue and the page number. This will speed our service to you. Letters appearing in "Mailbag" are protected by copyright, are the sole property of Rodale Press, Inc., and may not be reproduced in any form.

Problems, though they are very rare, may arise if you have an allergic reaction to the pigment. (You can find this out beforehand by having your doctor implant a single dot of pigment behind your ear. If you have a bad reaction, the dot can be removed surgically.)

It's important to find a doctor who is experienced with the instrument, since damage can result from accidental penetration of your eyelid or lash follicles during application. And you have to remember, permanent eyeliner is, after all, *permanent*. When eyeliner fashions change, you could get stuck with an out-of-date look.

For most people, the procedure is unnecessary and costly.

On the other hand, it offers an alternative for those who find it difficult to apply eye makeup because of contact lenses, arthritis or other physical problems, or for people who are allergic to cosmetics.

Natural Gas

This is embarrassing to admit, but for years I had a problem with excessive gas. Somewhere along the line I learned that I also have lactose intolerance [the inability to digest milk]. So when I cut back on my milk consumption to deal with the lactose problem, my excessive gas disappeared. I think I discovered a cure for my "curse."

JULIA CRANDSHAW
Tucson, Arizona

Editor's Note: You may be right. Lactose intolerance can indeed cause excessive gas. And though cutting back on milk products can't always eliminate the problem, it's a good first step. If this doesn't work, try cutting your intake of wheat products, beans and cabbage. ■

1986 Subject Index

The 1986 index to PREVENTION is available to readers. Indexes for 1985, 1984, 1983, 1982, 1981 and 1980 are also available. If you would like an index, for convenience in locating past articles, please send $1.00 each to:

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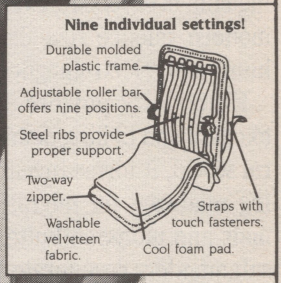

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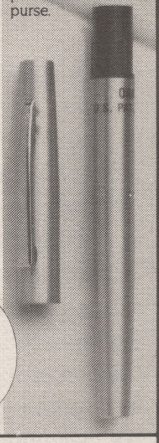

Fight plaque and remove food easier.

Orapick was developed by a dentist to give home users an effective tool to remove impacted food particles and plaque. It lets you get at difficult spots especially under the gum line where your toothbrush misses.
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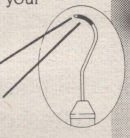

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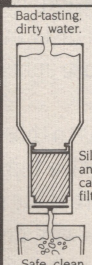

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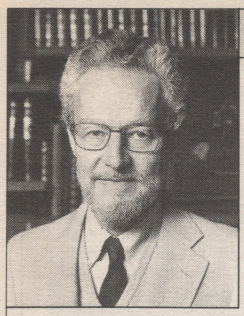

ROBERT RODALE

WITH THE EDITOR

Find Your Hot Spots of Health

Take a trip to those special places that can supercharge the spirit.

I am electric.

And so are you. And so is every living cell, every stone, every star. For, as modern science reveals, the universe hums with electromagnetism.

Electricity powers suns, kitchen toasters and ticking hearts. In the natural world, it forms invisible crisscrossing roadways for migrating birds, animals and monarch butterflies. It helps salamanders regenerate lost tails. It is, scientists are discovering, a force in the healing of human wounds. It's everywhere.

So is the electromagnetism of the spirit.

By this I mean the kind of spiritual electricity we feel when we quicken and renew ourselves with transcending ideals, with a tingling awareness of beauty in the world, with peace of mind.

The current flows, and we're regenerated. And if the charge is potent enough, even our bodies may respond. The spiritual electricity may vaporize fatigue, stress, tension, weakness, maybe even certain diseases.

All this raises the question that I've previously tried to address in several different ways: What are the best ways to plug into the juice? And one answer is that we can boost the regenerative electricity in our lives by visiting places that are spiritually supercharged.

Like birds and monarch butterflies riding electromagnetic waves, people migrate—following the electrifying attraction of special places that make us feel renewed, refreshed, whole again. We make pilgrimages to the beach. To high mountains. To waterfalls. To our ancestral home. To cathedrals. To museums and parks.

We go to these places seeking health. Better health for the mind and for the body, and for the mind-body together. We go seeking release from stress, and more. Regeneration is the goal. In a small way, life starts over for us each time we go to those special and even sacred places.

What guides us to those places? What changes the way we think when we get there? And—here is the most important question of all—why are we healthier there? What is it about those special and

sacred places that regenerates us?

You can help me find answers to these questions (more about this in a moment). One thing is clear, though: These special places can be anywhere. They may be just outside our bedrooms, or 10,000 miles away. Near or far, they are the hot spots we know about where we can find the added health of regeneration. Some are created by our own hands—like churches and inspirational monuments. Some rise out of our minds—visionary worlds in our heads. Many are the special places where land, water and air send us special signals.

GETTING MORE HEALTH FROM SPECIAL PLACES

Here's where you should reach for a pencil and paper. Get ready to do some thinking and make a few notes. Do that to create a new health tool for yourself.

You'll need two sheets of paper. On one sheet, list the special places you like to go to alone. Imagine that you're looking to get away from the hum and buzz of daily life, so that you can surround yourself with some spiritual electricity, the direct current of a special or sacred place.

If you can't think of a place that has such personal meaning for you, go out and find one. Take a walk in search of some spiritual electricity. Then fill in your sheet.

On another sheet, list the special places you go to with others. You may go with a group, or meet people when you arrive. Perhaps a park, a friend's home, a place of worship or your favorite street for walking.

I've got two reasons for asking you to make these lists. One is for the benefit of your own health. You can feel better, be more immune to problems, and maybe even live longer if you go to those special places more often. Each little trip is an exercise in regeneration. A way to get to a place to renew your body and spirit.

The other reason is for me—or rather for us. I'd like to know more about the special places where all of you feel you find more health and regeneration. I want to know so you all can share in that knowledge, because if enough of you respond to this request, we'll have good data on many of the healthful hot spots in this country.

What kinds of places do you feel that spiritual electricity I've described? And which parts of the country have more of it—or more places where people report they feel the magnetic pull of the regenerative power of special places? Are some cities and towns especially loaded with regenerative impulses? Is the electricity lacking in others?

Those are interesting questions. If you do this exercise and send me a copy of your notes, we'll perhaps get some fascinating answers. Write to "Special Places," PREVENTION Magazine, 33 E. Minor St., Emmaus, PA 18098. ■

HOW TO USE YOUR MIND TO IMPROVE YOUR BODY

HOW MUCH OF YOUR MIND DO YOU USE?

Einstein said we only use 5% of our mind. Some scientists estimate we use much less. Effective Learning Systems, Inc., a pioneer in mind development, is proud and happy to offer you **THE LOVE TAPES®,** to help you use more of your potential. **THE LOVE TAPES®** are based on current brain/mind research, sound psychological principles, effective mind development techniques and many years of experience with thousands of people. These individuals report they have used the tape successfully to: improve relationships, self-image, memory, manage stress, stop smoking, control weight, and much more.

USING BOTH HALVES OF THE BRAIN

Scientific Research shows that the human brain has a left hemisphere and a right hemisphere which are connected by the corpus callosum. During the first few years of life we use both hemispheres about equally (we learn about 25 times as much per day in those early years as we learn per day as adults) and then we begin to specialize.

Eventually the left hemisphere becomes the dominant hemisphere in nearly all human beings, and we use very little of our right hemisphere, which includes the functions of creativity, intuition, humor, imagination, etc. Relaxation techniques and music seem to activate the right hemipshere and help one to use both hemispheres more effectively to speed up the process of learning and making positive changes.

WHY ARE THEY CALLED LOVE TAPES®?

1) The tapes are designed to overcome negativity and build self-esteem, which includes loving yourself. When you love yourself, it's easier to love others and easier for them to love you. We're told to love our neighbors as ourselves—not more than or instead of . . .
2) Love is a basic need. Everyone needs love. No matter how independent, macho, wealthy, or successful a person may be, without love there is no self-actualization.
3) The tapes can help you get more in touch with the great power of love which can bring you more happiness, health, success, peace of mind, and better, more loving relationships.
4) People say they love to experience them and they love the great results.
5) Last, but certainly not least, a lot of love is put into making each tape.

HOW ARE THE LOVE TAPES® DIFFERENT FROM OTHER TAPES?

It's all in the recipe. Other methods may have some of the ingredients found in **THE LOVE TAPES®,** but none offer you this unbeatable recipe, which includes a special combination of goal-oriented relaxation, mental imagery, affirmations, whole brain learning, positive emotions, special music, soothing voice, proven mind development techniques, and the power of love. No tape is better than its content and none can match the content of these programs.

AVAILABLE IN SUBLIMINAL

Now, **THE LOVE TAPES®** are available in regular or subliminal. The subliminals have the regular audible verbal message on one side and the same message carried subliminally on the other side. The only sound you will hear is beautiful music or the restful splash of ocean waves breaking on the sandy shores, but underneath this gentle sound are carefully researched words and phrases to communicate with your inner mind and help you lose weight, stop smoking, or achieve other goals you are seeking. You can play these tapes and continue with any normal daily activity. There is no need to concentrate on the subliminal message.

GUARANTEE

Each tape carries a full warranty against defect in workmanship for a whole year after purchase and will be replaced free of charge. It normally takes about 30 days to overcome past negative programming and supplant it with positive programming. If you use a LOVE TAPE® for one month and do not feel a positive change, you can return the tape for a refund within the following 30 days.

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Your Best Blood-Pressure News in Years

More and more doctors are suggesting dietary changes as the first, and sometimes *only*, treatment for high blood pressure.

These days, many more doctors are offering patients with high blood pressure the option of nondrug treatments. They may also recommend exercise and relaxation techniques, but the emphasis is on permanent changes in the way you eat. "Research shows that modifying your eating habits really can work," says Cleaves Bennett, M.D., medical director of the Los Angeles InnerHealth Clinic and co-author of *The Control Your High Blood Pressure Cookbook* (Doubleday, 1987).

"Dietary changes help some people avoid ever having to take blood-pressure drugs and they help others decrease their dosage," Dr. Bennett says. "And they can work for people who've had high blood pressure for years. But they need to be given a chance—two months minimum and up to a year for people with severe high blood pressure. Both patient and doctor need to be committed to making the changes work." (And, of course, any changes, especially reductions in medication, should have medical supervision.)

So what items do Dr. Bennett and others put on their patients' shopping list, and why? And what do they tell their patients to avoid? Here are their suggestions, along with the latest research findings on nutrients that really work against high blood pressure.

BY GALE MALESKEY

MUCH ADO ABOUT MAGNESIUM

What do buckwheat pancakes, almonds and bananas have in common? They're all good sources of magnesium, a min-

Sponsor a Child for Only $12 a Month.

At last! Here is a $12 sponsorship program for Americans who are unable to send $16, $21, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $12 a month you will receive:

- a 3½" x 5" photograph of the child you are helping.
- two personal letters from your child each year.
- a complete Sponsorship Kit with your child's case history and a special report about the country where your child lives.
- quarterly issues of our newsletter "Sponsorship News."

All this for only $12 a month?

Yes—because Children International believes that many Americans would like to help a needy child. And so we searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

For example, unlike some of the other organizations, your child does not write each month, but two letters a year from your child keeps you in contact and, of course, you can write to the child just as often as you wish.

Also, to keep down administrative costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.

We do not feel that it is fair to the child for a sponsor to decide whether or not to help a child based on a child's photograph or the case history.

Every child who comes to Children International for help is equally needy!

And to minimize overseas costs, our field workers are citizens of the countries where they serve. Many volunteer their time, working directly with families, orphanages, and schools.

You can make a difference!

$12 a month may not seem like much help to many Americans, but to a poor family living on an income of $1.50 or $2.00 a day, your sponsorship can help make all the difference in the world.

Will you sponsor a child? Your $12 a month will help provide so much:

- emergency food, clothing and medical care.
- a chance to attend school.
- help for the child's family and community, with counseling on housing, agriculture, nutrition, and other vital areas to help them become self-sufficient.

A child needs your love!

Here is how you can sponsor a child for only $12 a month immediately:

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $12 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? We believe that our sponsorship program protects the dignity of the child and the family and at the same time provides Americans with a positive and beautiful way to help a needy youngster.

Little Marta lives in the Holy Land—and she is only one example of children from countries around the world who urgently need a sponsor.

Sponsorship Application

K8DK

☐ Yes. I wish to sponsor a child. Enclosed is my first payment of $12. Please assign me a ☐ Boy ☐ Girl

Country preference: ☐ India ☐ The Philippines ☐ Thailand ☐ Chile ☐ Honduras ☐ Dominican Republic ☐ Colombia ☐ Guatemala ☐ Holy Land Crippled Child

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

NAME _____

ADDRESS _____

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STATE _____ ZIP _____

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of $_____.

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eral that tempers both steel and blood vessels. "Magnesium is probably one of the most promising and least-used minerals when it comes to blood-pressure control," says Burton Altura, M.D., Ph.D., a leading researcher.

One recent study, by Honolulu Heart Program researchers, clearly shows magnesium's importance in blood-pressure control. The scientists examined 61 different factors in the diets of healthy, older men. Magnesium came out on top, having the strongest link between high intake and low blood pressure (*American Journal of Clinical Nutrition*, February 1987). Many mineral researchers think an average-size man should be getting about 420 to 475 milligrams of magnesium a day to make up for what he loses—and to help protect him from developing high blood pressure as he ages. That's about 125 to 150 mg. a day more than most men get.

Stock up on beans and nuts to guarantee you'll get plenty of magnesium. Whole grains, leafy greens and many other fruits and vegetables are also good sources. Hard water can be a good source of many minerals, including magnesium.

THE CALCIUM CONNECTION

Only recently have researchers noted that some cheese and milk lovers seem to have lower blood pressure. Now, they are pinpointing just who benefits from additional calcium.

"Additional calcium seems to work best for people who are hypertensive and salt-sensitive," says Lawrence Resnick, M.D., of the Cardiovascular Center at New York Hospital–Cornell Medical Center. These are people whose blood pressure goes up 5 percent or more when they switch from a low- to a high-salt diet. In a recent study, Dr. Resnick found that adding 2,000 mg. a day of calcium to the high-salt diets of salt-sensitive people blunted salt's blood-pressure-raising effects. One-third to one-half of all people with high blood pressure, and especially blacks and older people, are salt-sensitive, Dr. Resnick says.

"The present study indicates that the more salt elevates blood pressure, the more calcium lowers it," Dr. Resnick says (*Journal of Hypertension*, December 1986).

Low-fat dairy products are excellent choices for calcium. Other good calcium sources are sardines, salmon, leafy greens and nuts.

PICK UP ON POTASSIUM

People already taking blood-pressure medicines know their doctors keep a careful watch on their potassium levels. Some drugs make the body excrete potassium.

But giving extra potassium to people with mildly elevated blood pressure can make pressure drop, sometimes dra-

Imagine a deodorant that is free of aluminum and other harsh chemicals, yet is so effective, just one application can eliminate odor for days—without the need to re-apply even after showering.

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RESEARCH ON LAVILIN™ UNDERARM DEODORANT

The effectiveness of Lavilin was documented in recent studies. One such study was conducted by doctors of Tel-Aviv University Medical School in Israel.

Over a period of 15 days, 100 people used Lavilin and were tested under different conditions—hot and humid, and hot and dry.

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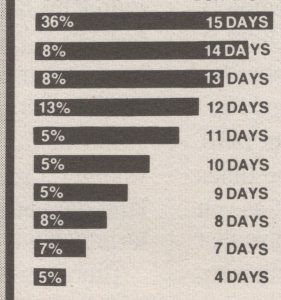

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Lavilin is a light cream for perfect control. Each jar should last 4 to 8 months. You'll also save on cleaning because with Lavilin, clothes pass "the sniff test" longer. And since there is no residue after Lavilin is washed away, many users report that fabrics no longer discolor.

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matically, according to two new studies.

Researchers at Duke University gave one group of hypertensives a large daily dose of potassium. Another group got harmless look-alike pills, or placebos. After two months, blood pressure in the potassium-supplemented group had dropped significantly. One subgroup in particular—blacks—had the biggest drop: Their blood pressure went down by almost 20 points. "Blacks may be particularly sensitive to the blood-pressure-lowering effects of potassium," the researchers conclude (*Hypertension*, May 1987).

In another study, Italian researchers used potassium with similar results. They noted that those patients with the highest salt intake seemed to benefit most from the extra potassium (*British Medical Journal*, June 6, 1987).

Potassium does help counteract sodium's negative effects, says George D. Webb, Ph.D., co-author with Richard D. Moore, M.D., Ph.D., of *The K Factor: Reversing and Preventing High Blood Pressure Without Drugs* (Pocket Books, 1987). "We suggest you get about three times as much potassium in your diet as you do sodium," Dr. Webb says. To meet that ratio, most people need to cut their sodium intake to 2,000 mg. or less a day. And they must make a conscious effort to eat more potassium-rich foods, such as baked potatoes, avocados, raisins, sardines, nuts, orange juice, winter squash, bananas and whole grains.

SOCK IT TO SALT

Perhaps you've already cut back on salt by not adding it to foods at the table or when you cook. That's good. It helps you cut down by about one-third. But today, many people get much of their salt from foods that have salt added during processing. Unfortunately, that comprises a long list. Cold cuts, canned meats, many frozen dinners and entrées, canned vegetables, cheeses (including cottage cheese), crackers and pickled foods are top-heavy with salt. When shopping for prepared foods, check labels to find reduced sodium varieties.

"Try to cut your salt intake at least in half, down to 2,000 mg. a day or less," Dr. Webb suggests.

GOOD FAT, BAD FAT

Butter, oil, bacon—all the fats we eat affect blood pressure because they are used by our bodies to make hormones known as prostaglandins. Some prostaglandins lower blood pressure, and whether the body manufactures this kind depends on which "building materials" it has on hand.

There are two important things to remember when you're changing the fat content of your diet to try to lower your blood pressure.

First, keep your total fat intake low—ideally, less than 30 percent of your total calories, Dr. Webb says. That's most

easily done by cutting back on butter, margarine, oils, hard cheeses, fatty meats and other concentrated fat sources.

Second, get more than half of your fat as polyunsaturates, monounsaturates and omega-3 fatty acids. All those fats appear to have blood-pressure-lowering effects. Among polyunsaturated oils, choose those high in linoleic acid—safflower and sunflower seed oils. (Linoleic acid is used to produce the pressure-lowering prostaglandins.) Get monounsaturated fats from tasty olive and peanut oils. Omega-3 fatty acids, the oils found in such fish as salmon and mackerel, and in shellfish and some vegetable oils (canola, or rapeseed, oil), also seem to reduce blood pressure, at least when these fats are substituted for saturated fats. ⇛

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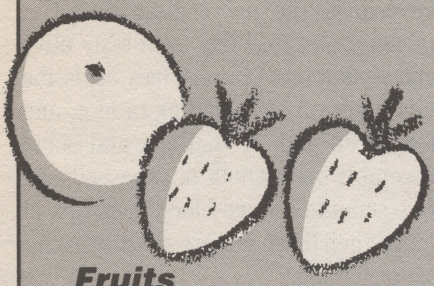
25 All-Star Foods for Blood-Pressure Control

These staples make good sense— and good eating!

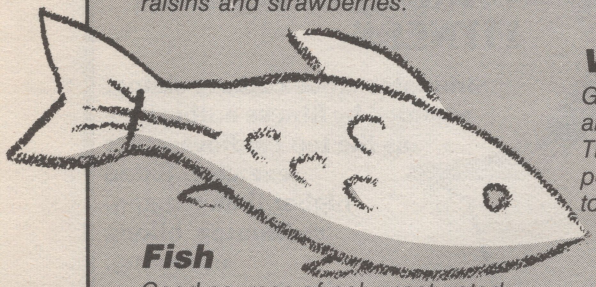


Fruits

Good sources of potassium and/or magnesium. Low in fat. Try bananas, apricots, oranges, raisins and strawberries.

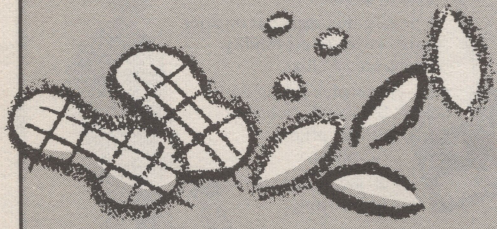
Vegetables

Good sources of potassium and/or magnesium. Low in fat. Try potatoes, spinach, sweet potatoes, Swiss chard and tomatoes.



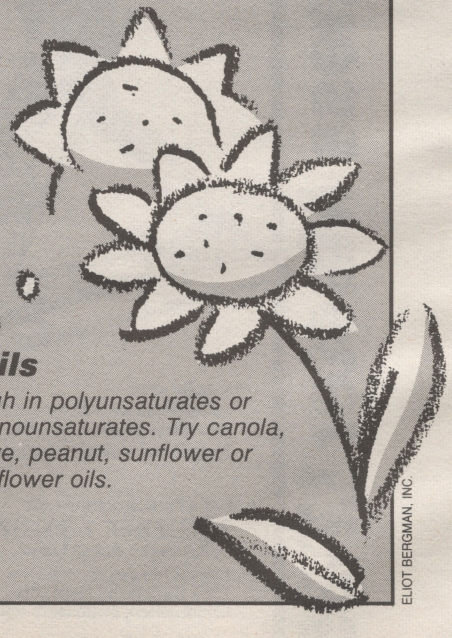
Fish

Good sources of polyunsaturated and omega-3 fats. Low in saturated fats. Try salmon, mackerel, tuna and sardines.



Grains, beans and nuts

Good sources of potassium and/or magnesium. Low in fat. Try barley, brown rice, red kidney beans, tofu, almonds and peanuts.



Oils

High in polyunsaturates or monounsaturates. Try canola, olive, peanut, sunflower or safflower oils.

ELIOT BERGMAN, INC.

We Fight Cancer With More Than Scalpels

Yes, surgery is one way to fight cancer. But have you, the cancer patient, explored the full range of alternatives available today? American International Hospital has. We offer you effective alternatives in diagnosis and treatment of cancer.

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American International Hospital provides innovative and proven methods of combatting cancer. Methods we believe are the very best in the U.S. today.

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In one study, a special breed of rats that naturally develop high blood pressure was fed a diet high in fish oils. After two weeks, the older rats' blood-pressure levels had dropped significantly, and the younger rats hadn't had the kind of blood-pressure rise they normally experience (*Federation Proceedings*, March 5, 1986).

In another study, by West German researchers, men with mild high blood pressure who ate two cans of mackerel a day for two weeks had a significant drop in blood pressure. Cutting back to three cans of mackerel per week maintained that newly lowered pressure for eight months. Their pressure reverted to its original high level only when the men went back to their old diet, which was low in fish and high in cold cuts (*Atherosclerosis*, December 1986).

Tell Us How You Did It

If you've been able to lower your high blood pressure by changing your diet, we'd like to hear about it . . . and so would other PREVENTION readers. In a brief letter, tell us specifically how you modified your diet, how your doctor helped you make the dietary changes, how they seemed to affect your blood pressure and how long it took. We'll publish a sampling of the letters in an upcoming "Mailbag." Address your letters to PREVENTION Readers' Service, Attn: Mailbag, 33 E. Minor St., Emmaus, PA 18098.

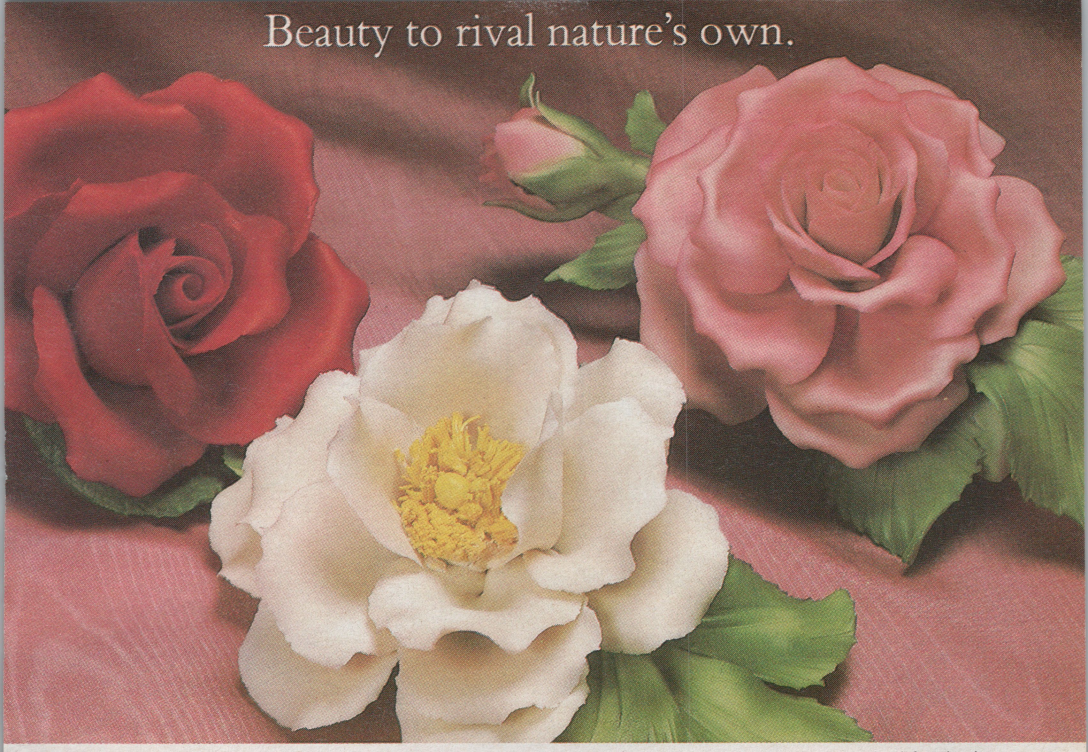
AVOID ALCOHOL

Heavy drinkers have much higher blood pressure than those who drink less. And even moderate drinking can cause blood pressure to rise, a recent study from Australia shows.

The study matched blood pressure with alcohol intake in men who were being treated for high blood pressure. Normally, the men were moderate to heavy drinkers. For this study, they got free beer—25 bottles a week. For six weeks, they drank beer with a 5 percent alcohol content. Then, for another six weeks, they drank 0.9 percent alcohol beer. When blood pressures during these two times were compared, averages were about five points lower during the low-alcohol weeks.

LOSE SOME WEIGHT

Finally, if you've been uninspired to lose the pounds you want to, consider this: Losing weight is sometimes the *only* thing people need to do to drop their blood pressure to normal. And you don't necessarily have to lose it all! Losing even a third or half of your excess weight can have a tremendous impact on your blood pressure, Dr. Bennett says. Luckily, the same foods that help your blood pressure in other ways can help you lose weight, too. ■



Actual size averages 5" in length for each sculpture.

The Twelve Months of Roses

PORCELAIN SCULPTURE COLLECTION

The twelve most beautiful roses of all bloom forever in fine bisque porcelain. Each petal and bud individually formed by hand. $29.50

The daring crimson *American Beauty* . . . the delicate pink *Painter's Rose* . . . the creamy white *Rosa Alba*. The twelve most beautiful roses of all captured in an extraordinary collection of handcrafted porcelain sculptures.

Here is the beguiling *York and Lancaster* rose. And *Old Blush*—the beautiful rose from China that graced Empress Josephine's famous rose garden at Malmaison.

Here, too, is the faintly-tinged *Sweetbrier*, also known as Eglantine—its beauty lauded in the great plays of William Shakespeare. In all, twelve different rose sculptures that will be issued at the convenient rate of one each month.

Each rose is handcrafted of fine porcelain, with each petal and leaf individually formed to create a flower of astonishing beauty and realism.

With your collection you will receive a custom-designed wood display stand—at no additional charge—which will show all twelve roses in one dramatic arrangement.

To enjoy the vivid color and fascinating variety of these fine imported porcelain sculptures yourself, or to present them to someone special, you need only sign and return the application below. But please be sure to return it by December 31, 1987.

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Please enter my subscription for "The Twelve Months of Roses" porcelain sculpture collection.

I need send no money at this time. My sculptures will be sent to me at the rate of one per month, and I will be billed $29.50* for each just before shipment.

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A Guide to Dietary Fiber And Your Health

From the U.S. Department of Agriculture Beltsville Human Nutrition Research Center

PREVENTION MAGAZINE
HEALTH • ACADEMY • SERIES

Good health grows on trees! It hangs from apple-laden boughs and courses through crinkly spinach leaves. It hides in carrots beneath the soil and flows in waves of wheat.

And all of this good health is yours for the picking. Because every morsel of food that you get from plants—luscious fruits, crisp vegetables, flavorful grains—contains fiber. And fiber has remarkable power to preserve your health and prevent disease, researchers are finding.

The list of credits so far? Fiber may help prevent heart

BARBARA MASLEN

disease, diabetes and obesity, research shows. It may even play a role in preventing cancer, some studies suggest. And curing constipation with fiber may be the oldest medical trick in the book.

You may find this all fairly amazing for something often referred to as a "nonnutrient." But the fact is, fiber is the term for the parts of plants that your body can't digest. In most cases, it passes right through your system. But don't be fooled into thinking that fiber doesn't have any effect while it's there.

The first step toward using the health power of fiber is knowing that there are actually several different kinds, each with its own unique ability to keep you well. There's cellulose (the most prevalent fiber, the one that made bran famous), hemicellulose and lignin, fibers found in whole grains, fruits, vegetables and beans. There's pectin, the fiber that puts the gel in jelly. And finally, gums, sticky fibers you eat without even realizing it. These plant-derived thickening agents are used in foods as different as bologna and ice cream.

One way to keep all of these straight is to think of them as falling into two categories: insoluble (those that do not dissolve in water) and soluble. The insoluble fibers—cellulose, most kinds of hemicellulose and lignin—are best known for their ability to ease constipation. The soluble fibers—pectin and gums—are making their name as cholesterol and diabetes fighters. But that's only a small part of the story. For the complete scoop on the most exciting fiber-and-health news, and how-to advice for getting in on a good thing, read on.

WHO'S MINDING THE FIBER?

The Beltsville Human Nutrition Research Center (BHNRC) is a division of the USDA Agricultural Research Service. The mission of the Center is to do research to determine the best diet for optimum health and well-being. Their innovative work is highly regarded throughout the world. And their findings have been reported in PREVENTION for many years.

USING FIBER TO LOWER CHOLESTEROL

If you knew that eating lots of delicious fruits and vegetables could lower your risk of heart disease substantially, would you indulge? If your answer is yes, you could be a double winner: You'll get to enjoy those fresh, sweet, juicy, crunchy foods that nature grows and probably lower your cholesterol in the bargain. Water-soluble fibers found abundantly in fruits and vegetables have been shown to lower cholesterol, and that can lower your chances of heart disease.

The fiber called pectin is an old-timer in the ranks of cholesterol fighters. As long ago as 1961, a study showed that

There are five types of fiber your body uses. Here are four of them.

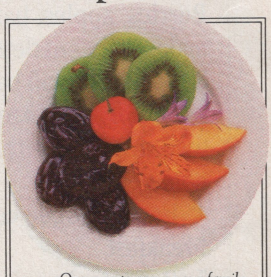
By now, you probably know most Americans don't eat enough fiber.

But what you may not have realized is that there's more than one kind.

And variety is important. Because your body actually uses five different types of dietary fiber. Cellulose, hemicellulose, lignin, pectin, and gums.

The first four are all found in the California prune. Which means prunes are a great way to balance your fiber diet.

Prunes are also one of the richest sources of fiber—they have nine grams per serving. Six prunes have more fiber than two bowls of bran flakes.*



One way to serve your family prunes is in a fruit plate. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prune Ideas, P.O. Box 882168, San Francisco, CA 94188-2168. P

And prunes are high in potassium. They're a good source of vitamin A. And they have no fat, no cholesterol, and almost no sodium. Not to mention a sweet, delicious, one-of-a-kind taste.

So if you've been trying to get more fiber in your diet, try prunes. Fiber never tasted so good.

*2/3 cup per serving.

Prunes. The high fiber fruit.

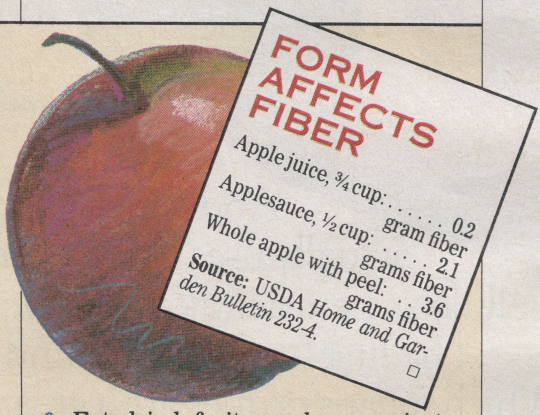
©CALIFORNIA PRUNE BOARD 1985

eating pectin reduced blood cholesterol significantly. No less than 15 studies have confirmed those early results in the years since. Pectin has the much-sought-after ability to lower LDL cholesterol, the undesirable kind, without touching HDL cholesterol, the kind thought to be beneficial. What more could you ask?

You could ask that it have a greater effect in the people who need it most—those with extremely elevated cholesterol levels. It does. You could ask that it work together with cholesterol-lowering drugs to bring dangerous levels even lower. It does. You could ask that it work well enough so patients could take less of those drugs and avoid their

15 EASY WAYS TO GET MORE FIBER

1. When you think bread, think brown. Whole-wheat (or other whole-grain) bread should be the rule, not the exception.
2. Satisfy your sweet tooth with fruit. Berries, apples, bananas and peaches make excellent desserts.
3. Look for salad bars that offer a wide variety of fresh vegetables—not just lettuce. And make that kind of salad at home.
4. Eat high-fiber cereals regularly for breakfast.
5. Don't peel apples, pears or peaches when you bake them.
6. Eat potatoes and other vegetables with their skins.
7. Eat vegetables that have edible stems or stalks, such as broccoli.
8. Eat fruits that have edible seeds, such as raspberries, blackberries and strawberries.


FORM AFFECTS FIBER
Apple juice, ¾ cup: . . . . . 0.2 gram fiber
Applesauce, ½ cup: . . . . . 2.1 grams fiber
Whole apple with peel: . . . 3.6 grams fiber
Source: USDA Home and Garden Bulletin 232-4.

9. Eat dried fruits, such as apricots, prunes and raisins. Fiber is more concentrated in them (but so are the calories).
10. Eat the membranes that cling to oranges and grapefruit when you peel them.
11. Snack on seeds.
12. Substitute beans for beef in chili or casseroles.
13. Munch on popcorn.
14. Add barley to vegetable soups.
15. Remember that whole grain doesn't have to mean bread or cereal. Try brown rice, corn tortillas, bulgur wheat or whole-wheat pasta. □

Another old wives' tale confirmed by science: The way to a man's heart is through his stomach.

It's even truer than your grandmother realized. What you eat may or may not affect your affections about someone. But it can affect your heart and blood vessels.

Eating the wrong things can hurt your health. Eating the right things has a lot to do with keeping you healthy.

40,000,000 Americans have high cholesterol.

If you're over 25 you could well be one of them. And high cholesterol levels are a major risk factor in coronary heart disease. They develop, among other things, from eating too many saturated fats.

If you're an adult, the bad news is you may have already eaten your way into a cholesterol problem; but the good news, say experts, is you may be able to eat your way back out of it.

One of the things that can help you is a diet low in fats—particularly saturated fats—and high in complex carbohydrates and soluble fiber.

Quaker® Oats can help reduce cholesterol!

In recent clinical studies, where Quaker Oats were a daily part of a low-fat, low-cholesterol diet, total serum cholesterol levels dropped on average almost 10%. Other medical studies show such a drop could reduce your risk of heart attack by nearly 20%.

Many experts believe it's the soluble fiber in oats that does it. And scientists are finding that *oats are one of the best sources of soluble fiber you can get!*

There's more. Quaker Oat Bran hot cereal is a *concentrated* source of soluble fiber because it contains the *bran* of the oat, where the fiber is naturally concentrated. Quaker Oats and Oat Bran. Two of nature's most nearly perfect foods? I'd say they are.

Now you can cook it in the microwave.

And now you can cook Quaker Oats in your microwave oven. With no standing, no stirring, and—best of all—no pot to clean. Cooks in the bowl! 90 seconds in the microwave.

Quaker Oats. It's The Right Thing To Do.™

unpleasant side effects. It does.

Studies have shown that a fiber called guar gum is equally as effective as pectin. And research at the USDA is showing that other gums lower cholesterol, too.

In one study, Kay Behall, Ph.D., a research nutritionist, investigated the effects of three different gums—locust-bean gum, karaya gum and carboxymethylcellulose—in 12 volunteers. Although they may sound strange, the gums are quite common. Used as thickeners or stabilizers, they are among the top-10 ingredients (by bulk) in food production in this country.

The men ate muffins containing one of the gums (in addition to a regular diet) for four weeks. Then they switched to muffins containing the other gums for four weeks each. For the sake of comparison, the men also spent four weeks on a diet with no added gum, and four weeks on a diet with cellulose added instead—a fiber known to have little effect on cholesterol.

The results were similar to those seen with pectin. Total cholesterol was lowered significantly in the weeks that the gums were eaten. Levels dropped from an average of 200 (not very high to begin with) to 170. And as with pectin, HDL cholesterol was unaffected. Cholesterol did not drop during the weeks the men ate cellulose or no added fiber.

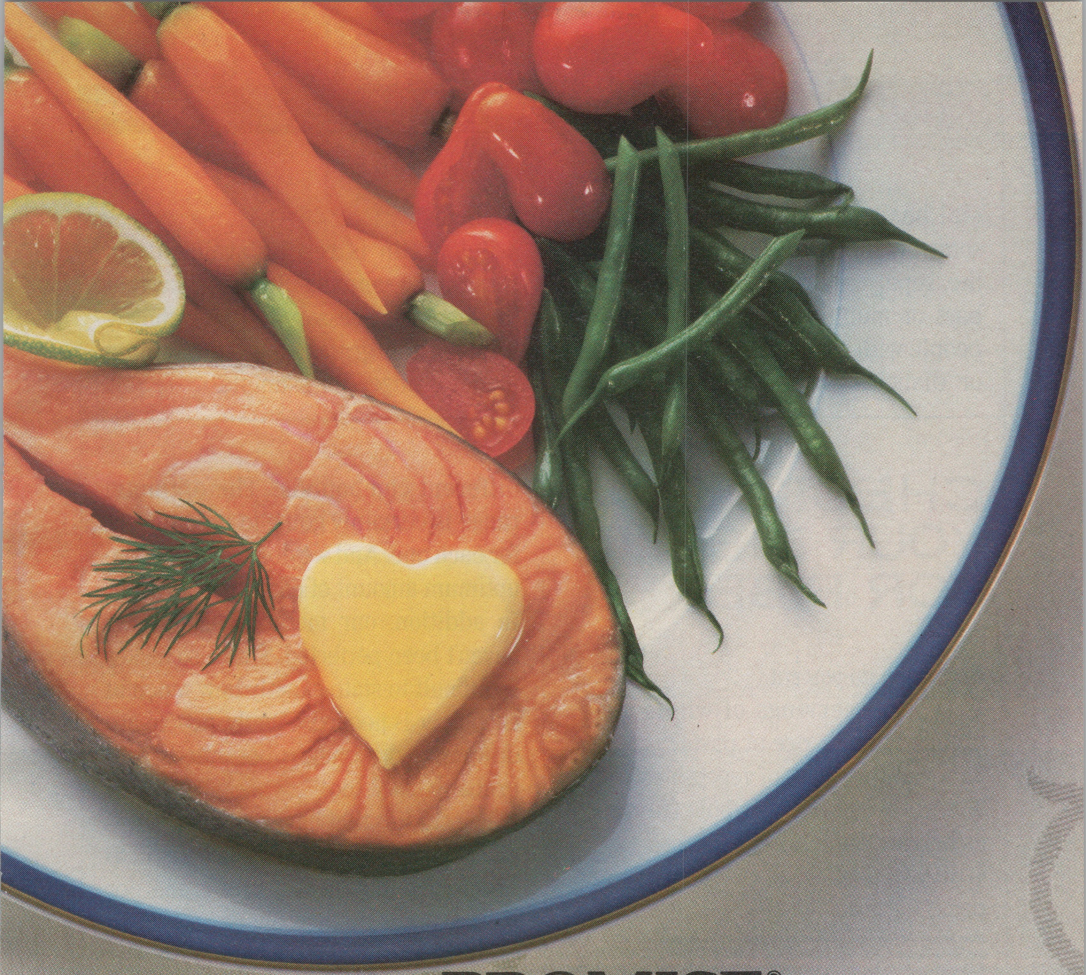
In other studies, people with extremely high cholesterol levels saw them reduced after eating foods that included a granolalike bar with either guar or locust-bean gum added. They were also able to reduce the amount of cholesterol-lowering drugs they were taking.

While wheat bran doesn't seem to have much effect on cholesterol (it's mostly cellulose), oat bran, with its large proportion of water-soluble gum, can reduce cholesterol levels dramatically. Corn bran falls somewhere in the middle.

What do all of these water-soluble fibers have in common and how do they lower cholesterol? The most important thing seems to be the ability to form a gel with water in the intestines.

Normally, digestive substances called bile acids are secreted into the small intestine following a meal. After they do their job, they're reabsorbed. These bile acids are made from cholesterol. "The feeling is that when you eat water-soluble fibers, such as pectin or gums, bile acids become entrapped in the gel and are carried into the large intestine where they can no longer be reabsorbed," explains Dr. Behall. "The body then has to take cholesterol out of the blood to produce more bile acids. In addition, some of the cholesterol you eat may get caught up in the gel and excreted from the body, too."

Oat bran and dried beans are the only good food sources of gum you can buy at the supermarket right now. The other gums are available only on a commer-



PROMISE.® IT'S AT THE HEART OF EATING RIGHT.

Recent medical evidence has shown that your family's risk of heart disease can be reduced by lowering their serum cholesterol levels. And because both cholesterol and saturated fat can raise those levels, you should try to include foods that are low in both in your family's diet.

Like Promise® Spread. Made with sunflower oil, it's lower in saturated fat than any margarine and has absolutely no cholesterol.

Try Promise. It's so delicious, your whole family might just have a change of heart about eating right.

GET HEART SMART.™

©1987 Lever Brothers Company

cial basis. Dr. Behall believes that someday they will also be available in the supermarket, baked into granola bars or muffins made specifically for people with elevated cholesterol levels or diabetes (see "How Fiber Fights Diabetes").

But pectin is readily available—in fruits and vegetables. Studies show that the amount necessary to lower cholesterol is 8 to 10 grams a day—the amount in four oranges, for example.

CHECK YOUR DIET FOR FIBER

How often do you eat:

1. several servings of whole-grain breads, cereals, rice or pasta?
2. several servings of vegetables?
3. several servings of whole fruit, such as berries, apples and pears?
4. legumes, such as dried beans and peas?

QUESTION:	1	2	3	4
Seldom or never	☐	☐	☐	☐
1 or 2 times a week	☐	☐	☐	☐
3 or 4 times a week	☐	☐	☐	☐
Almost daily	☐	☐	☐	☐

The best answer for all of the above is "almost daily." "If you're doing that," says Dr. Sheldon Reiser, "you can't miss getting enough fiber."

But how much, exactly, in grams, do you need? It's a difficult question to answer. For one thing, there are different kinds of fiber. How can you give one number to cover a mixture of entirely different compounds? The optimum range is certainly going to be different for each one. And we don't yet know the optimum amount of each specific fiber. In addition, our methods of analysis haven't been perfected. That also makes it difficult to state exactly how much of each fiber is needed. Finally, people are different, and their fiber needs will probably vary, too.

The studies that have shown the benefits of a high-fiber diet seem to point to a recommendation of 20 to 35 grams per day of "total dietary fiber"—all kinds combined in sort of a lump figure. For practical purposes, a good guesstimate of the optimum amount is up to 30 grams per day.

The best strategy is to eat a wide variety of fiber-containing foods. That way you'll hit on all the different types of fiber, and reap all of the benefits that fiber foods have to offer. And you shouldn't have to worry about getting too much fiber—the sheer bulk of the foods will keep you from overdoing it. □

Source: Adapted from the USDA *Home and Garden Bulletin 232-4*, April 1986.

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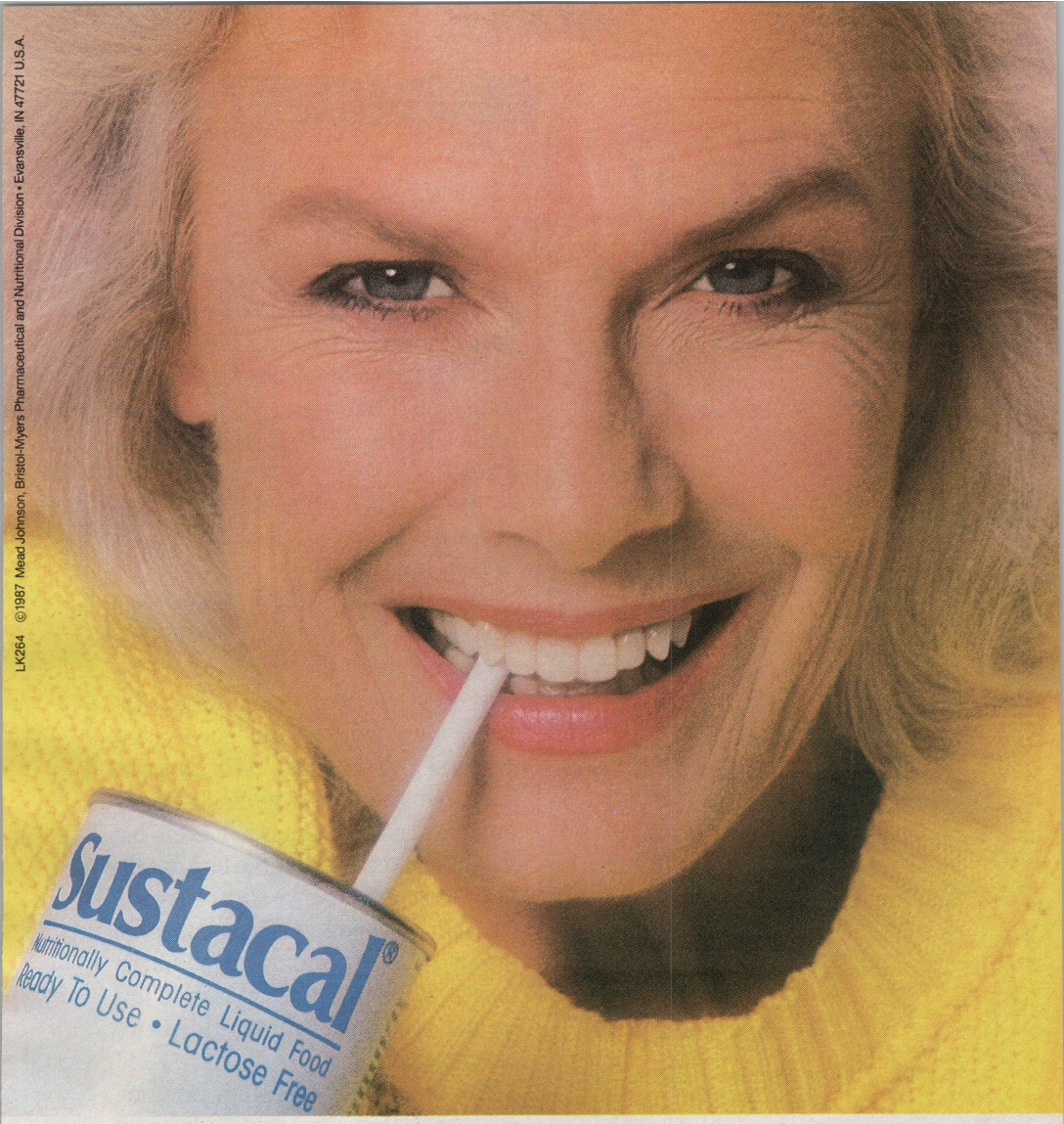


THE POWER OF POSITIVE DRINKING

Sometimes a well-balanced meal just isn't convenient. That's why we created Sustacal.® Sustacal is a delicious drink that supplements your diet. It contains more protein, vitamins and minerals than the leading ready-to-drink product. And less fat. In fact, Sustacal —formulated by healthcare professionals who understand your body's needs—has all the nutrients you get from a balanced meal. So drink healthy. Go with Sustacal, the nutritional supplement that helps keep you going strong. **Sustacal. Nutrition to go.**

How To Get More Fiber*... For Less.

Fiber is essential to good health. Yet, as most doctors and nutritionists know, Americans get only about half the dietary fiber they should have every single day.

That's why there's Perdiem® Fiber...bulk fiber for regularity.

Perdiem Fiber contains the same kind of fiber as Metamucil,** but it gives you 33% more fiber in every dose. It can actually double the amount of dietary fiber in your daily diet.

Perdiem Fiber...

- **100% Natural Fiber**
- **33% More Fiber Than Metamucil**
- **No Mixing**
- **Fresh Mint Taste**

Read and follow label directions carefully.

*gram for gram
**"Metamucil" is a registered trademark of Procter & Gamble

RORER CONSUMER PHARMACEUTICALS

HEALTH ACADEMY

HOW FIBER FIGHTS DIABETES

In our country, it's fairly common for people over the age of 50 to have some sign of glucose intolerance. This disorder of sugar metabolism often blossoms into type-II diabetes, a dangerous disease affecting about 12 million Americans.

The good news is that fiber can help control diabetes, and possibly prevent it in the first place.

The hormone insulin helps your body's cells absorb glucose (sugar), their basic fuel, from the blood. One of the first signs of glucose intolerance is the use of much more insulin than usual to perform this function. The pancreas pours out insulin in an attempt to maintain blood glucose at normal levels, but the insulin receptors in the body's cells appear to become insensitive: They're not getting the message. Eventually, even the high level of insulin secreted can no longer maintain glucose at normal levels and type-II (maturity-onset) diabetes develops.

The high levels of insulin bring on even more problems. Insulin is responsible for the efficient conversion to fat of the carbohydrate we eat. When the insulin level is high, the level of triglycerides (a type of blood fat) rises. The level of cholesterol may rise, too. High levels of those two blood fats increase a person's chances of developing heart disease.

That's why the studies linking fiber to better glucose tolerance are so exciting. More than 15 studies in the last 10 years show that pectin flattens the rise in blood glucose following a meal. Less glucose in the blood means less insulin needed to bring it down, and triglyceride and cholesterol levels decline. Guar gum also has this effect. And high-complex-carbohydrate, high-fiber diets have been found to help people with type-I (juvenile) diabetes as well.

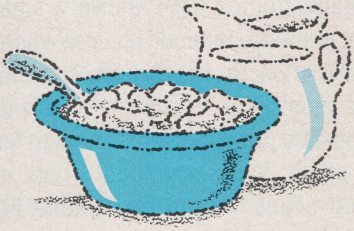
The same property that makes soluble fibers good cholesterol fighters may also make them diabetes fighters: the ability to form a gel.

"It's my opinion that fiber acts primarily to prevent glucose from entering the bloodstream as rapidly as it would if there were no fiber present," says Sheldon Reiser, Ph.D., research biochemist and research leader at the BHNRC. "It forms a gel that acts as a 'diffusion barrier' in the intestine. The glucose has to go through this additional 'membrane' to be absorbed, so it's slowed down. The glucose level doesn't rise as fast or as high, and the insulin level doesn't rise as high."

In addition, studies show that the stomach empties more slowly after a meal with lots of fiber. That would slow the absorption of glucose, too.

And a high-fiber diet can help people lose weight (see "Eat More and Lose"). That helps level out glucose peaks and lower triglycerides. Because usually, the

If you think only bran is high in fiber...



you don't know beans.

Everyone knows that bran is high in fiber, but if you're looking for additional ways to get more fiber, consider beans. One cup of cooked Lima beans provides one-half the daily intake of dietary fiber as suggested by the National Cancer Institute...and no cholesterol.

So start cooking with beans!

We've got 96 delicious ways to prepare beans in our new 48-page four color cookbook. So to add fiber to your diet with one of nature's most nutritious foods, fill out the order form below, enclose a $4.95 check or money order made out to "Dry Bean Cookbook" and send it to: California Dry Beans, 531-D N. Alta, Dinuba, CA 93618.

We guarantee it. If you're not completely satisfied, just send the book back within 15 days after receipt for a full refund. Act today while supplies last!

I want to start cooking with beans!

NAME

ADDRESS

CITY

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Allow 4 to 6 weeks for delivery. PRE-002

California residents include 6% sales tax.

leaner you are, the more sensitive to insulin your cells become. "It all works together," says Dr. Reiser.

Many studies have shown a significant decrease in blood glucose when 10 grams of pectin per day are consumed with meals. The important thing is that it must be present in each meal to have an effect. Fruit, vegetables, oats and dried beans contain the soluble fiber that helps fight diabetes.

CAN FIBER PREVENT CANCER?

When studies link fiber with decreased cancer risk, people listen. Of all the nutrients correlated with a decreased cancer risk, though, the argument for fiber is probably the weakest.

"One study that really showed some promising data looked at a very specific type of fiber called pentosans—a type of hemicellulose," says Walter Mertz, M.D., director of the BHNRC. "There was some correlation between the consumption of this fiber and reduced risk for colon cancer. But that's all there is right now."

Drawing conclusions from the research is very difficult because whenever you increase your intake of one thing (fiber), you decrease your intake of something else. Usually, that something else is fat. So which of those changes was responsible for the reduced cancer risk? Studies have shown that people eating diets rich in cruciferous vegetables (broccoli, cabbage, cauliflower) have a lower cancer risk. Is it the fiber or the carotene in those vegetables that's responsible? Or some other component? "It's very difficult to distinguish between these individual influences," says Dr. Mertz. "That's why the whole story is a little bit up in the air right now. We don't have enough data to make a strong statement."

That doesn't mean we should forget about fiber, though. "The fact that this particular aspect is not yet very strong should not deter people from eating fiber," says Dr. Mertz. "Because the recommendation that we should increase our fiber intake is good for many different reasons. I tell people absolutely to continue increasing the amount of fiber-rich foods they eat."

Dr. Reiser agrees. "While the studies do not show definitely that fiber alone reduces cancer risk, they do indicate that a diet that includes fiber reduces the risk. Fiber alone might not do it, but it may be active in combination with other food components." One theory is that because fiber hastens the movement of stool through the intestines, carcinogens (cancer-causing substances) are whisked away before they can do their damage. Another theory is that by increasing the bulk of the stool, fiber dilutes the concentration of carcinogens. The fibers thought to be involved are the insoluble ones and pectin.

Continued on page 114

For more fiber, digest this ad.

Fiber One® cereal has five times more fiber than Grape Nuts. Three times more than Shredded Wheat. Even a third more fiber than All-Bran.

The National Cancer Institute says most of us need more fiber. And Fiber One's got it.

That was pretty easy to swallow, wasn't it?

The one with more fiber is Fiber One.

© 1987 General Mills, Inc.

Recent clinical studies prove that you can eliminate gas by reading.

We know it's hard to believe, but by the time you finish reading this, you'll be convinced.

Because two clinical studies, published in a respected medical journal[1], demonstrate that Charcocaps® Intestinal Distress Capsules not only provide safe, effective relief from gas, they actually reduce gas accumulation.

Additional reading about Charcocaps is even more enlightening.

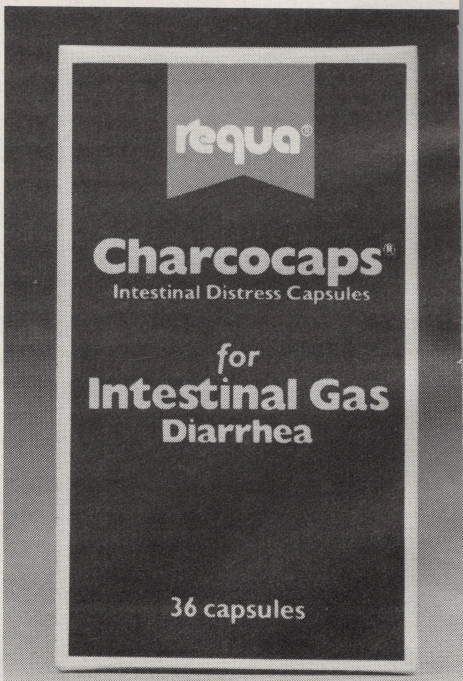
New clinical findings[2] indicate that the ingredient in Charcocaps is unsurpassed in reducing gas, abdominal discomfort and bloating.

Safe and gentle, Charcocaps pass directly through your digestive tract, removing irritants and enabling your body to eliminate them naturally. Charcocaps are easy to take, with no aftertaste.

Now you never need to suffer from painful gas again.

See what reading can do for you?

For a bottle of 36 Charcocaps, check your local pharmacy or order them directly from us by sending your name and address along with a check or money order for $4 to: CHARCOCAPS, P.O. Box 8410, Westbury, NY 11592. (Please make all checks payable to Charcocaps.) Offer expires 1/31/88.



[1] *American Journal of Gastroenterology*, 1981:75:192-6
American Journal of Gastroenterology, 1986:81:532-535
[2] *Annals of Internal Medicine*, July, 1986; 61-62 Based on dosage of four capsules, 30 minutes before and after consuming a meal.

© 1987 Requa, Inc.

A Safe and Happy Holiday for Your Pet

Just like people, dogs and cats can overdo the season's food and festivity. BY AMY R. MARDER, V.M.D.

The holidays are wonderful times for both people and their canine and feline friends. Dogs and cats often partake in and enjoy the season's festivities as much as we do. Unfortunately, some of the things in which we indulge or have around the home during the holidays may be dangerous to our pets. With just a few precautions, however, you can make this special time of the year safe for them.

Try to resist the temptation to have your pet sample the leftovers from your Thanksgiving or Christmas dinner. Rich foods, especially those high in fat, often trigger gastrointestinal problems. Pancreatitis, a common disease of dogs, is often related to eating table scraps. Vomiting and abdominal pain are symptoms of this very uncomfortable and sometimes fatal condition. Sharp bones, especially those from turkey and chicken, may become lodged in your pet's mouth or throat or perforate the intestinal tract. Surgery is usually necessary to remove them. Many times, if animals don't receive immediate veterinary attention, they may die. So give your pet a rawhide or catnip gift instead.

Those cute little chocolate turkeys and Santas may be fatal to your dog! That's because dogs are especially sensitive to a compound in chocolate called theobromine. It may cause vomiting, diarrhea, heart arrhythmias, wobbliness, muscle tremors, seizures and coma, sometimes with fatal results. A 30-pound dog only needs to eat four ounces of baking chocolate to show signs of poisoning. Two or three pounds of milk

Amy R. Marder, V.M.D., is a clinical assistant professor at the Tufts University School of Veterinary Medicine, Grafton, Massachusetts. She is president of the American Veterinary Society of Animal Behavior.

Could a cat that eats take this test and

1. Monitor appetite.

Does your cat eat:

A. Many times a day from a single serving. 10 pts.
B. Once a day. 5 pts.
C. Once every other day. 0 pts.

Many feedings a day are preferable because it allows for more efficient digestion and utilization of food.

However, if your cat suddenly changes eating habits, consult your veterinarian. It could indicate a health problem.

2. Check eyes.

Look into your cat's eyes. Are they:

A. Bright, clear and moist. 15 pts.
B. Dull and dry. 5 pts.
C. Red-streaked with a discharge. 0 pts.

Properly blended nutrients and the correct amount of vitamins in the diet maintain eyesight and clarity.

Dullness occurs from changes in moisture on the surface of the eye or from changes in the body's fluid balance.

Excess moisture or teary eyes is prevalent among cats with respiratory disease.

Red-streaked eyes, or a discharge in the corners of the eyes is the result of abnormal conditions as well.

3. Evaluate fat deposits.

Stand your cat up on its hind legs and feel the fat pads of the lower abdomen. Are they:

A. Very small or undiscernible. 20 pts.
B. Readily visible or about ½″ thick. 5 pts.
C. Obvious or ¾″ thick and above. 0 pts.

The healthiest cats usually have a slight to moderate amount of fat. Fat pads are also behind the eyes. Normally, these pads gently push the eyes forward. But in some diseases, these pads deteriorate and the eyes seem to shrink into the skull.

4. Inspect mouth.

Raise your cat's upper lip to view the teeth. Are they:

A. Clean, white and glistening. 15 pts.
B. Yellowed with signs of residue. 5 pts.
C. Decaying with evidence of tartar. 0 pts.

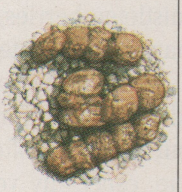
Like humans, diet plays a major role in feline oral hygiene. If you didn't check A, chances are you feed your cat a steady diet of wet foods, which can result in dental problems. Dry foods help cleanse teeth and gums.

supermarket pet food land on its feet?

5. Examine stool.

Stool size, consistency and odor are good indicators of a cat's overall well-being. Is it:

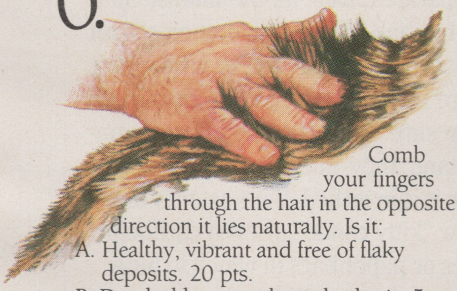
A. Small, firm and free of any unusual substances and odors. 20 pts.
B. Large, hard with an offensive odor. 5 pts.
C. Large, soft, with an offensive odor. 0 pts.



Stool volume is largely influenced by undigestible foods and enzyme deficiencies. Small, firm stools demonstrate your cat has properly assimilated all the essential nutrients. Stool consistency indicates the quality of your cat's source of nutrients. Stool from a poor source may be soft. A hard stool can represent a mineral or fiber imbalance.

Stool odor is usually traced to grain-based supermarket cat foods. If improperly processed, grain-based cereals ferment in your cat's intestines and cause gas and odor.

6. Feel skin and coat.



Comb your fingers through the hair in the opposite direction it lies naturally. Is it:

A. Healthy, vibrant and free of flaky deposits. 20 pts.
B. Dry, lackluster and poorly elastic. 5 pts.
C. Very oily, smelly, or uneven growth. 0 pts.

There are normal variations in different breeds of cats at different times of the year. However, poor nutrition always adversely affects skin and hair.

The proper balance of proteins and fats, vitamins and minerals help to assure a desirable look.

If your cat scored 95 or less, don't just change cat food, change where you buy it.

All cats have dietary requirements that demand quality sources of protein. And poultry and meat best meet those requirements.

However, many leading supermarket cat foods rely on grains for their main source of protein.

Iams cat food isn't sold in supermarkets. It's sold only in pet shops, pet supply stores and feed stores. Sold by veterinarians, breeders and pet specialists. People who understand a cat's nutritional needs. And that's why they recommend Iams.

They know that by feeding Iams you'll see a discernible difference in your animal's health and well-being. Because both Iams Cat and Kitten Food are formulated to exceed a cat's special requirements.

Our foods are dry, made without any artificial colors or flavor enhancers. If your cat can't use it, neither can we. Cats like the taste of Iams because we give them what they crave naturally—poultry and meat protein. And Iams is high in taurine, an essential amino acid. Taurine regulates calcium into the heart, which prevents heart disease.

If you'd like to know more, visit an Iams retailer or simply call 1-800-525-IAMS (4267).

Come in to your Iams retailer October 15-31 and treat your cat to a nutritious free sample. And see for yourself why pet professionals recommend Iams.

Settle for anything less and you'd be failing your cat.

IAMS

Special pet foods found only at special stores.

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chocolate would produce the same result. Cats, because of their more discriminating feeding habits, are rarely poisoned. Try to keep all chocolate out of your dog's reach. But, if your dog accidentally ingests chocolate, contact your veterinarian immediately.

Your Christmas tree may bear your favorite ornaments, but it also holds some hidden dangers for your pet. Many a beautiful tree is felled by a rambunctious dog or cat. Try to support your tree securely with a sturdy stand and wires. Tinsel and ornaments seem to be terribly exciting toys for many dogs and cats. Unfortunately, those playthings often end up somewhere in the intestinal tract, causing a blockage. Try to hang your ornaments and tinsel far out of your pet's reach. If you have cats, it may be best to avoid tinsel altogether. Electric cords also seem delectable to many pets, especially cats and young puppies. Chewed cords can cause severe burns and sometimes fatal shocks. If your animal seems overly interested in electric cords, try covering them with hot-pepper sauce or bitter products sold in most pet stores.

When wrapping gifts, make sure you keep plastic wraps and ribbons out of your pet's reach. If swallowed, those too can cause intestinal blockage.

PLANTS TO AVOID

Many homes are decorated each year during the holiday season with colorful poinsettias and mistletoe. Those popular plants sometimes cause problems for curious dogs, cats and birds. Poinsettias produce a milky sap that is irritating to the skin and eyes on contact, and to the gastrointestinal tract if eaten. Ingestion of large amounts of mistletoe may cause nausea, vomiting and gastroenteritis. Make sure those plants are kept far out of your pet's reach. But if you do catch your pet munching on your favorite poinsettia plant or chomping a few loose mistletoe berries, contact your veterinarian immediately.

Because the holidays are traditionally times for families to get together, our homes are often crowded with people, especially young children. Many dogs and cats, even if not extremely territorial, are stressed by the increased number of strangers invading their home. The high activity level of children is a new experience for many pets. If you feel that your pet is uncomfortable around new people, it may be best to separate it from all the intense holiday hubbub. Give your dog or cat an early Christmas present of a new bed, where it can go to get away from it all. Make sure that your young guests understand they must let your pet rest when it is in its bed. Your cat may enjoy a new "kitty condo" or even cardboard boxes or paper bags in which to hide.

Don't let your holiday glee cause you to overlook the safety of your pet. Make this holiday season as happy for your pet as it is for you. ■

Hemorrhoid Sufferers:

Get Rapid Relief Without the Grease. Try Tronolane®.

Doctor conducted clinical tests have shown Tronolane to be as effective as Preparation H at relieving hemorrhoid pain and itch, and at reducing swelling.

But, Tronolane is formulated in an unscented, non-greasy cream. It works without greasy stains.

And Tronolane has a local anesthetic hospitals use that starts to relieve pain and itch on contact. Preparation H has *no* anesthetic.

So for rapid relief without the grease get the Rapid Reliever. Tronolane.

Also in suppositories. Use only as directed.

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Cream and Suppositories

05058 50¢

Step Away From Stress

Seven simple moves to heighten the relaxation benefits of walking.

Have you ever gone for a walk when you were angry or upset? Then you know firsthand the soothing effect that walking can have on your emotions. Exercise is a great tension reducer, and walking has the added benefit of getting you out in the fresh air and distracting you with changing scenery. And *distraction* may be just what you need.

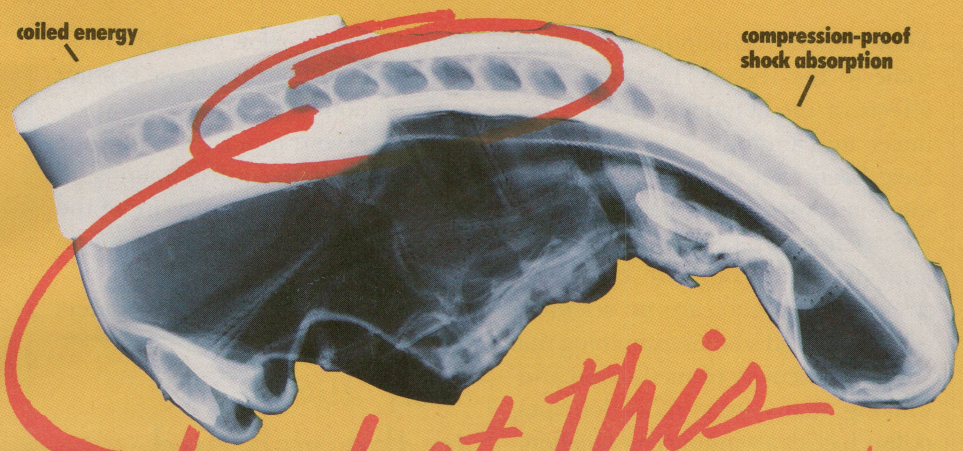
While many of our readers report that walking provides an excellent opportunity to mull over problems, experts say you're better off leaving your concerns at home if you're trying to counteract stress. Instead, enjoy your walk and give your mind a rest.

How do you leave those problems behind when you step out the door?

BY MAGGIE SPILNER, Executive Editor, *Walker's World* Newsletter

COMSTOCK / MIKE AND CAROL WERNER

DYNACOIL® WALKING SHOES



Look at this

It's a cushioning system unlike anything else found in any other shoe. It's called Dynacoil® and it's the reason these are the most comfortable walking shoes you can ever wear. To find the Dynacoil retailer nearest you, call 1-800-822-2803, in Missouri call 314-532-3357. Available in men's and women's sizes. Dynacoil, so unique, it's patented.

KangaROOS®
SHOES WITH POCKETS®

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St. Louis, MO 1987

That's where meditation techniques come to the rescue. The beneficial effects of meditation as a stress reducer and immune-system booster have been well documented. Adding some meditation techniques to your walk may take you another step away from the negative effects of stress. While there are no scientifically controlled studies examining the combined activity of meditation and walking, many stress-reduction specialists feel it's a winning combination.

David Balboa and Deena Karabell, New York City psychotherapists and directors of the Walking Center, suggest these simple steps for enhancing the stress-reducing value of walking:

1. Release yourself from any goal or objective. This is not a fitness walk with a target-heart-rate goal. Walk somewhere where you can maintain a sustained rhythm without interruption—a track or long, peaceful pathway without breaks or crossways.

2. Consciously relax your shoulders. Keep your head erect to avoid contracting the windpipe and shortening your breath.

3. Lower your eyelids to decrease the amount of external visual stimuli.

4. Allow your arms their full range of motion. You will naturally begin breathing more deeply, which automatically releases tension.

5. Take a few really deep breaths. When exhaling, allow yourself to sigh gently but audibly to release tension and emotion.

6. To clear your mind, focus on your breathing, not to control it, but simply to watch it. Become aware of the swing of your arms and how you move your feet.

7. Periodically check your shoulders to make sure they're dropped and relaxed.

> 'Pay attention to the rise and fall of the feet until you reach a place where the mind quiets.'

George Bowman, Zen teacher at the Cambridge Zen Center, in Massachusetts, adds that focusing on your breathing and your body while you're walking brings you to a state of "mindfulness"—a mind that's open and aware in the moment, free from regrets of the past or anxieties about the future. "Pay attention to the rise and fall of the feet, of the breathing, until you reach a place where the mind quiets. Until, in the most fundamental sense, you're just walking."

"I was a 38-year old woman dragging around on 83-year old feet."

"Dr. Scholl's Insoles got me going again."

Age sneaks up on you. Even though you don't feel older, your feet can't take the beating they used to. Eight hours on your feet takes its toll. Hot, burning, tired and tender feet is often the price you pay. Year after year, you feel the pain more and more.

Your natural shock absorbers are wearing out.

As you age, the tissues on the bottom of your feet, your natural shock absorbers, begin to thin. The result is painful pressure on your feet. And when your feet hurt, you hurt all over. Your knees, hips, back and neck feel the jolt of every step. Walking stops being fun. A problem, since doctors often recommend walking as a primary source of exercise as you mature.

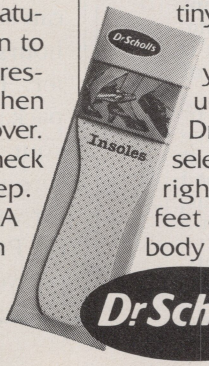
Nobody understands this better than Dr. Scholl's.

Layer of protection absorbs shock.

Dr. Scholl's has the special DS6 air-compression process that provides shock-absorbing protection and cushioning comfort in one thin insole. So the insole helps take the pounding instead of your feet.

Results are instant.

You'll feel like you're walking on air. Because you are. Millions of tiny air bubbles massage tired feet, energizing you from the ground up. So visit the yellow Dr. Scholl's display, and select the insoles that are right for you. Treat your feet and help your whole body feel younger.



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Q-Vel® prevents night-time leg cramps.

From the makers of DOAN'S PILLS
Leg-ache Relief
Relieves the pain of night leg cramps so you enjoy good, natural sleep
Q-vel
Muscle Relaxant Pain Reliever
Leg cramps

Q-Vel is specially formulated with a muscle relaxant that helps head off night-time leg cramps. It also contains Vitamin E which is believed to improve circulation. Poor circulation is thought to be one significant cause of leg cramps.

So if too much daytime activity or other factors bring on night-time leg cramps, take Q-Vel in the evening. It helps prevent leg cramps, cramped arches and toes, leg muscle spasms, and restless legs . . . to let you get a restful night's sleep.

From the makers of Doan's® Pills. No prescription needed.

Q-Vel quells night-time leg cramps.

WALKER'S WORLD®

Over 75,000 PREVENTION readers have cast their vote for walking as their preferred form of exercise by joining the PREVENTION Magazine Walking Club. For just $9.97 a year members receive a copy of *Walker's World*, PREVENTION's annual walking magazine, complete with a 365-day log for recording walks, *Walker's World* quarterly newsletter to inspire and motivate them, a beautiful membership patch, a membership card (which entitles them to discounts on walking-related products and trips), and an opportunity to achieve awards based on hours or miles spent walking. If you'd like to join us in our walk toward better health and fitness, all you need to do is send a check or money order for $9.97 to the PREVENTION Walking Club, Dept. 62047, 33 East Minor St., Emmaus, PA 18098. Or just write to that address, tell us you want to join the club, and we'll bill you later. Be sure to give us your full name, written exactly as you would want to see it on an award certificate. You can start recording your mileage or hours as soon as you send your letter. Then, when your membership package arrives, you can transfer your records to your PWC log. Before you know it, you'll be sending for your first award. Don't wait! Let the PREVENTION Walking Club help put you on your feet today! ■

Walk This Way.

Walking may seem like a pretty simple form of exercise. But the fact is, each step involves an almost infinite number of movements. Which means an almost infinite number of things can go wrong.

Thankfully, there's a new shoe designed specifically for walking. The Body Shoe® from Hush Puppies®.

Only The Body Shoe features the Comfort Curve,™ a special sole designed to follow the natural movement of the foot. With the Comfort Curve, your shoe flexes where your foot flexes, which makes for a more efficient and more comfortable motion.

So the next time you're out walking, whether it's to get in shape or just to get the mail, we suggest you wear The Body Shoe. After all, where you walk is your business. How you walk, is ours.

Available in a wide variety of styles and sizes at under $60 for men and $50 for women. Call 800-288-0100 for the Hush Puppies outlet near you.

The Body Shoe®

Walking Shoes By Hush Puppies®

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BODY MAKEOVERS

She Found a Career When She Lost 80 Pounds

Taking off fat was no problem for 34-year-old Sue Fraleigh. Her challenge was *keeping* it off.

When Sue Fraleigh started a new job as a bookkeeper for a small firm, the casual atmosphere called for jeans instead of dresses. Her only pair was seldom-worn and much too tight. As she shopped for new jeans, she was shocked to realize she needed a size 44—the largest in the store. Since that day, the Salt Point, New York, woman has literally made slimming down and living healthier her business.

EDITED BY MARIA MIHALIK

"If I would have gained 80 pounds in only a few months, I would have been horrified and done something about it immediately. But since it took several years for my weight to pile up, I didn't even really notice.

I guess what made me oblivious was that while I had never been pencil thin, I was confident and comfortable with myself. I wasn't obsessed with the scale like most other women.

Marriage put me on the path to 200 pounds. My husband went off to work every day. I stayed home and played the supportive wife. I made all our breads. I cooked elaborate seven-course meals

PHOTOGRAPHY BY ANGELO CAGGIANO

almost every night. I thought this was what a woman needed to do to 'keep' her husband.

Well, the marriage didn't stick but the weight sure did. When I went out and got that bookkeeping job, I sat at my desk and swore my jeans were cutting off my circulation. In the clothing store, I realized they didn't make jeans any bigger than my size. I decided I had been in the dark too long about what I really looked like.

To start, I read books and magazine articles on dieting. There were many sensible plans that explained the basics of nutrition. I began to eat lots of fresh fruits and vegetables. I cut down on red meat. I learned which foods were high in calories and which ones would fill me up without filling me out.

This may be hard to believe, but I had instant results. I consistently lost about four pounds a week. My success one week fed me with determination for the next. I really didn't cheat. I think my personality had a lot to do with the fast progress: Once I make up my mind to do something, I stick to it until it's finished.

One of the books I read was by Richard Simmons. I liked what he had to say about losing weight, so I started watching his television show and exercising every morning, too. He actually had fat people working out on the program. This was more comforting to me than seeing those skinny model types who look like exercise is the last thing they need.

...and cut out in style!

Enclose check or money order for $1.95 to receive your first pair of new Fitting Pretty® Silky Signature pantyhose! (Reg. $4.95 value)

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Fitting Pretty is designed for women 145-270 lbs.

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It felt really good to move to his easy-does-it exercises. When I was ready to take on more, I joined a fun aqua-aerobics class at the YMCA. I also started taking four-mile walks in the country. The combination of eating well and working out brought my weight down to 135 pounds. But everything wasn't happily-ever-after from there.

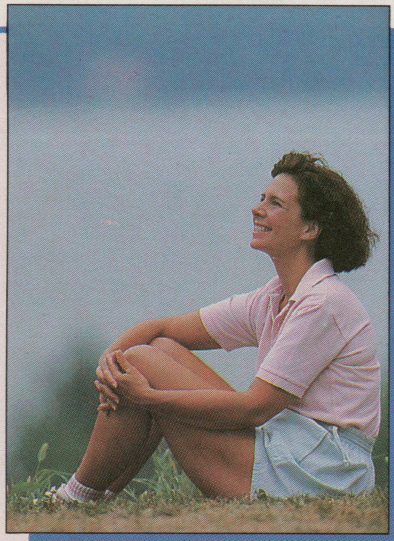
THE DOWNSIDE OF DIETING

Instead of feeling thrilled to be slim, I was nervous. How long could I follow the formulated, day-by-day menu plans that were now ruling my life? They had served me well. But they weren't automatic or natural. I had to count calories and measure portions. I had menus and recipes plastered everywhere. To be perfectly honest, dieting was all I talked about and I was annoying to be with. I had become slightly anorectic, terrified of putting all that weight back on and wanting to lose even more.

I found just what I needed in a book called *The 30-Day Way to a Born-Again Body* (Citadel Press). The author, Joy Gross, is director of the Pawling Health Manor in Hyde Park, New York.

Joy's book (later retitled *Thin Again!*)

Continued on page 65



AFTER

SUE FRALEIGH
POUNDS LOST: 80

SUCCESSFUL STRATEGIES: DANCING, WALKING, SWIMMING, A VEGETARIAN DIET

LENGTH OF TIME TO GOAL: 9 MONTHS

BEFORE

The Panasonic Massage Lounger. It's like having a personal masseur at your fingertips.

Close your eyes. You feel the pulsating rhythm of thumbs, palms and elbows exerting pressure all along your body. If you didn't know better, you'd swear you were being massaged by a master of the art of Oriental massage. A masseur whose very touch has the power to relieve muscle aches, tension, strain and stress. But in reality, you're sitting in the new Panasonic Massage Lounger.

Select the type of massage you desire by simply touching the Massage Lounger's remote control. Microcomputer-controlled rollers produce an exclusive kneading action that drains the pain from a stiff neck and shoulders. Or you can select a wider massage for your aching back. There's even a built-in massage ottoman that will tantalize your toes. And the Massage Lounger is so elegantly styled, you'll want it in your living room. That's more than you can say for most masseurs.

The new Panasonic Massage Lounger. It's what your body has been aching for.

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For more information on the Massage Lounger, EP-585, write to Panasonic (7B-1), Two Panasonic Way, Secaucus, NJ 07094.

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We've combined an air purifier with an ultrasonic humidifier to provide year round comfort.

A technological breakthrough! Now ...one convenient, beautifully styled console can purify and humidify the air in a 1500 square foot area...and, it will humidify a minimum of 21 hours without refilling.

Special features include a patented dual air filtration system to remove particulates such as tobacco smoke, dust and pollen, demineralization cartridges to help prevent white dust, two removable tanks for easy filling and easy-rolling furniture casters.

It's the perfect solution to both particulate air pollution and humidification problems. You can even use the air purifier independently all year round — A Bionaire exclusive!

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introduced the principles behind the Manor. It explained how I could break away from the diet trap by adopting a new attitude toward my body and food. The basic idea is simple. Eat only healthy, natural foods and your body will function at its best.

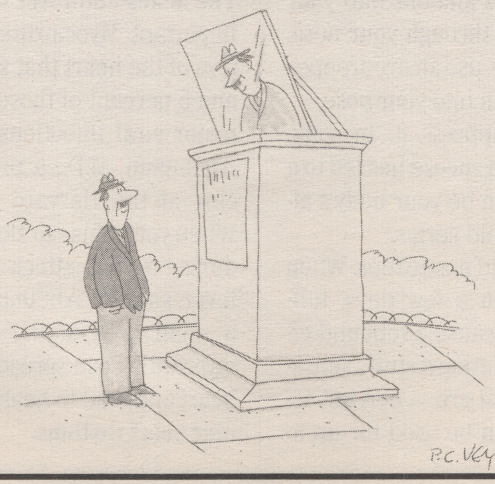
Because the diets I lost weight on consisted of mostly fruits, vegetables and small portions of meat, the book easily convinced me to try vegetarianism.

After the first week, I never ate meat again. A typical dinner was a huge salad, as much broccoli casserole as I wanted, and a whole bunch of grapes. For the first time in my life, I felt comfortable with eating. I didn't have to count anything—except the benefits! I felt healthier, had more energy and lost more weight even though I was eating lots of food! My weight dropped to 120 pounds and stayed there. I honestly did feel as though my body had been 'born again.'

The new me is seven years old now. I fall off the wagon every now and then, but who doesn't? My nutritionally 'pampered' body feels so awful after something like a chocolate-cake splurge that I'm back on track in no time. As for exercise, I still swim and take long walks. I also love to put on great music and dance—I make up the steps as I go along.

A few years ago I met an employee of the Pawling Health Manor. (I live nearby.) I told her I followed Pawling's philosophy and asked if I could visit. That was the beginning of my new career. Over the course of several years, I went from a part-time job in the kitchen to being one of their instructors.

But even if I hadn't been fortunate enough to become so involved with the actual running of the Pawling Health Manor, I still would have continued to follow its teachings. It brought me a good body and a great life." ■



Quick Tips For Cold Comfort

Editor's Note: *This is the second of four monthly excerpts from our forthcoming book,* Listen to Your Body *by Ellen Michaud, Lilia L. Anastas and the Editors of* PREVENTION *magazine (Rodale Press, 1988). Available in January, this book is about symptoms: what they mean and what doctors often prescribe as self-care measures. Consult your own physician for guidance.*

Back-of-the-throat parchedness that signals the onset of a cold. Add two tablespoons of salt to a quart of warm water, pour a small amount into your hand and inhale it through your nose. Or, as an alternative, use an eyedropper to squirt the solution into your nose.

Sneezing. Don't suppress it. In some cases, suppressing a sneeze has led to a stroke. Sneezing can be your body's attempt to dislodge cold germs.

Stuffy nose. Use mild nose drops. When used for more than a few days, full-strength drops can cause a rebound effect, actually stimulating a stuffy sensation. Nose drops that are ¼ percent solution, however, can be used for up to 30 days without any occurrence of this problem.

Cough. The best cough suppressant available without a prescription is dextromethorphan, says Kenneth Grundfast, chief otolaryngologist at Childrens Hospital National Medical Center, in Washington, D.C. It is available in 50 different cough syrups, tablets and drops. Don't take it if you have asthma or chronic bronchitis, however. See a doctor if the cough persists for a few days.

Nosebleed. Sit down, lean *forward* and pinch your nose tightly shut for 15 minutes, says Byron J. Bailey, M.D., chairman of the department of otolaryngology at the University of Texas Medical School, at Galveston.

If the bleeding recurs, insert a cotton ball moistened with a ¼ percent solution of Neo-Synephrine pediatric drops. Then pinch the nostril shut for another 15 minutes.

The aches and fever of flu. Bed rest is important. Myocarditis is an inflammation of the heart that strikes between 1 and 5 percent of those who get certain major viral infections, says Walter H. Abelmann, M.D., a professor of medicine at the Harvard Medical School. When you refuse to slow down and rest during a viral attack accompanied by fever, says Dr. Abelmann, what may be a small area of the inflammation of myocarditis can spread throughout your heart and lead to heart failure or irregular heart rhythms. ■

The Latest Nutrition News From Researchers Around the World

Vitamin C KO's Cholesterol

Vitamin C packs a one-two punch that may help older people hit cholesterol where it hurts, according to a recent study.

Researchers at the USDA Human Nutrition Research Center on Aging, at Tufts University, studied almost 700 people over age 60. They found that a higher level of vitamin C in the blood correlated with a higher level of HDL cholesterol (the protective kind). But the level of total cholesterol was not higher, an indication that LDL cholesterol (the kind that blocks arteries) was reduced by vitamin C. (When the researchers checked vitamin C intake instead of blood levels, they found the same effects.) Studies by other researchers with other age-groups have shown similar results.

In the Tufts study, the effect of vitamin C was strongest in people between 60 and 69 years old, and decreased gradually in older people. The researchers aren't sure why, but they think it may be because the older people had higher HDL levels to begin with.

The researchers estimate that an intake of about one gram (1,000 milligrams) of vitamin C per day could increase HDL by 8 percent. "Given the magnitude of effect observed in the current report, the potential impact on a large population in terms of [coronary heart disease] is quite significant," they say. "An added benefit is the relative ease and safety with which [vitamin C levels] can be raised" (*Journal of the American College of Nutrition*, April 1987).

Metamucil May Move Cholesterol Out

An over-the-counter bowel regulator may also regulate cholesterol levels in the people who take it.

In a study by James W. Anderson, M.D., a professor at the University of Kentucky College of Medicine, 26 men with elevated cholesterol levels took either a standard dose of Metamucil or an inactive look-alike three times a day. After eight weeks of treatment, cholesterol levels dropped an average of 15 percent in the men who took Metamucil.

A cholesterol reduction of that magnitude would be enough to bring many people's cholesterol levels into the safe range.

The active ingredient in Metamucil is a plant fiber derived from the husks of psyllium seeds. According to Dr. Anderson, it may lower cholesterol by several mechanisms. One way is by increasing

bile-acid excretion. Bile acids are digestive substances that are made from cholesterol. Normally, they are reabsorbed from the intestine after they do their job. But when they're excreted instead, the body has to take cholesterol out of the blood to make more. Psyllium may also slow cholesterol production by the liver, or help the cells eliminate LDL cholesterol, the kind thought responsible for clogging arteries.

Dr. Anderson sees Metamucil or other psyllium seed products as an auxiliary treatment when diet alone doesn't bring blood cholesterol levels down. They may have distinct advantages over potent cholesterol-lowering drugs, which often have undesirable side effects, he says.

Certain high-fiber foods are known to lower cholesterol, too. But a person would have to eat four bowls of oatmeal, two large servings of beans, or four oat-bran muffins a day to get the same amount of fiber the men in the study were taking.

A Home for Malnutrition

Nursing-home residents and Third-World kids might be surprised to find that they're likely to have something in common. Unfortunately, that something is malnutrition.

Researchers from the Midwest Nutrition Education and Research Foundation studied over 200 nursing-home patients. What they found was startling: A 52 percent incidence of malnutrition. Twenty-eight percent of the people had impaired immunity, and 76 percent of the patients were anemic (*Journal of the American College of Nutrition*, April 1987). These figures are much more dismal than previous reports.

The nursing-home diet accounts for only part of the problem, though. Age and illness both contribute.

But the researchers feel that the situation could be remedied if each nursing-home resident had personal attention from a dietitian. "Cost restraints and state regulations limit the time dietitians spend seeing patients in nursing homes," says Gayle D. Pinchcofsky–Devin, R.D.

"In Illinois, for example, nursing homes are only required to have a dietitian there for eight hours per month." That's not enough time to do a thorough evaluation of each patient and make recommendations.

In a follow-up study that hasn't been published yet, Pinchcofsky–Devin found a 96 percent incidence of vitamin, mineral and essential-fatty-acid deficiencies in nursing-home patients.

She believes the problem could be corrected and controlled if there were "an ongoing, formalized nutritional-assessment program by dietitians for all residents of nursing homes." ■

THE NEWS & THE BAD NEWS

Is there a psychologically healthy way to deal with the media's steady stream of turmoil and tragedy?

Policeman caught selling cocaine! Drug use among police officers rising! Fire in a warehouse! Suicide in a subway station! Child falls from seventeenth-story window and lives! Corruption in City Hall! Beirut death toll rises. London's worst fire since 1982! Two airliners nearly collide over the Atlantic!

Weather. Sports. Finally, the good news: This year marks the fortieth anniversary of the bikini bathing suit!

BY CATHY PERLMUTTER

And that's the way it was, according to a recent 10 p.m. local TV news program. O.K., this particular program *was* aired in New York City, a market renowned for its lurid appetite. But almost anywhere in the country, if you open the newspaper, or especially if you switch on the TV or radio news, the lineup isn't likely to be much more encouraging. Inexorable as the tides, the media sends out waves of this every day.

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How do you react to the daily tidings of tragedy? The bad news can present psychological dilemmas. Psychologists say that people's reactions are as diverse as their personalities. Some people may be haunted for days by major catastrophes—like the space shuttle Challenger accident—or "minor" ones, like the murder of a distant stranger. On the other hand, there are the people who let it all roll right off them.

Is there a healthy way to respond to the bad news? Have you ever wondered if it's possible to be a well-informed citizen without having ice water running through your veins, or alternatively, being afraid to leave the house? And is the problem with the world, the news media or with ourselves?

These are some of the questions we asked journalists, psychologists and media critics. There was plenty of disagreement about the answers. But all agree that through deeper understanding of the news media—and of our own reactions—we can find a better way to deal with the news and the bad news.

WHAT'S NEWS?

"People everywhere confuse what they read in newspapers with news," essayist A.J. Leibling once wrote. He was, of course, referring to the vast difference between everything that happens on the planet, and the particular events that editors select for use in newspaper, magazine or broadcast.

In choosing from billions of possibilities, there's no doubt that the media tend to go for the jugular. Why is bad news considered more newsworthy than good? "News is something that deviates from the norm, and that's very often unpleasant," says television news consultant Jim Thistle, associate professor and acting director of the Boston University School of Journalism.

The importance of exposing people to the worst was proved in recent years by the war in Vietnam, Thistle argues. "The horror of Vietnam was plunked into people's living rooms, and people said, 'We shouldn't be in this war.' Television is credited with turning people around on Vietnam."

Of course, much of the bad news that the media choose to emphasize—the "Dog Bites Baby" stories—doesn't even approach the significance of Vietnam. Competition for readers or audience means media choose to "titillate instead of illuminate" with trivial but gripping footage or headlines of warehouse fires and freak accidents.

Of course, the news media isn't entirely to blame. Psychologists point out that the media wouldn't dish it out—the endless replays of Christa McAuliffe's parents' reaction to the Challenger explosion, for example—if the public didn't want to consume. "I think there's a certain attraction to being emotionally aroused by the news," says psychologist Tom Cottle, Ph.D., popular co-host

of a morning television talk show in New England. "I wish I could get a nickel for everybody renting a horror movie tonight. We love to be frightened."

The result of the public's taste for thrills, and the media's race for ratings, is summed up in a particularly cynical newsroom adage: "If it bleeds, it leads." Paradoxically, the bad news that fascinates many people may also undermine some people's psychological well-being. Sonya Friedman, Ph.D., psychologist, radio host and author of numerous best-sellers, including *Smart Cookies Don't Crumble* and *A Hero Is More Than a Sandwich* (G.P. Putnam), says she witnessed plenty of news-induced depression among single women last year, in the wake of a media brouhaha over a study contending that women over 30

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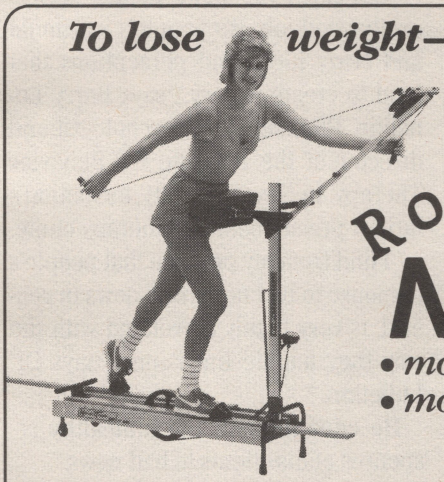

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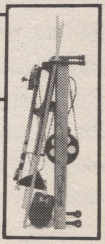

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have little chance of marrying.

"One of the leading factors in the deterioration of mental health is the feeling of a lack of control," says Dr. Friedman. "That's why cataclysmic events, like earthquakes, or AIDS, or some study telling women that looking for a man is a dead end, have such a big impact. We feel totally undermined."

The feeling of lack of control develops not only because the items that the media report are so terrible, but because they are presented in a fragmented way, says Neil Postman, Ph.D., professor of media ecology at New York University, and author of *Amusing Ourselves to Death: Public Discourse in the Age of Show Business* (Viking, 1985).

TV news is particularly bad in this regard, he contends. "The problem with TV news is that the language that usually accompanies the pictures is minimal, and it does not linger long enough to provide context. It seems to be a mélange of isolated, meaningless events.

"I think the most pleasing part of the news of the day is the weather, because at least if the man says, 'There's a snowstorm brewing in Texas, it's moving east, and will reach Boston on Thursday,' you have a sense of continuity. It gives you a feeling, not of potency, but of understanding the forces of nature."

But most of the bad news is explained so badly, says Dr. Postman, that "I think the overall psychological effect is to increase the sense of impotence; that in the end there's nothing we can do except go back to the kitchen and get another piece of apple pie."

THE EYE OF THE BEHOLDER

Then there's a slightly different school of thought that contends that the fault, dear public, is not so much in the media, but in ourselves.

"Basically, the news media does a pretty good job. It's people's irrational and crazy ideas and perceptions that tend to create misery," says Barry Lubetkin, Ph.D., clinical psychologist and director of the Institute for Behavior Therapy, in New York City, the nation's largest private behavior therapy clinic.

"I find from my practice that people's response to bad news, and news in general, is very highly correlated with the way they handle life issues," says Dr. Lubetkin.

He cites some of the unhealthy responses of his clients to bad news.

- Personalizing. "Whatever the bad news is, they hook it up to themselves, rather than recognizing it as a random coincidental event that has nothing to do with them. It confirms the pessimistic, depressed outlook that they have anyway."
- Phobias. "Sometimes you will see fear of crowds, fear of subways, fear of dark places develop." Dr. Lubetkin notes that after the Challenger explosion, "a number of phobics seemed to get worse,

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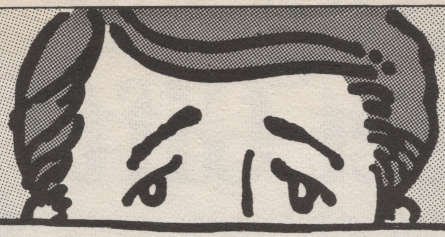

How Do You Handle the News?

Circle the letter that represents your most likely response to the following newspaper headlines.

1. Dozens Killed in Hotel Fire
A. Skip the story.
B. Read the story and feel very upset. Consider cancelling your upcoming vacation.
C. Read the story, and consider this further evidence of your luck in never being in the wrong place at the wrong time.
D. Read the story, make a mental note to check the fire escape routes at your home and in any hotel you visit.

2. Drought in Africa Worsens
A. Skip the story.
B. Read the story and feel very upset. Worry about the forces of nature (hurricanes, flooding) in your area.
C. Feel thankful for your own family's good fortune.
D. Send money to a relief organization.

3. Terrorist Bomb Strikes West Berlin Nightclub
A. Skip the story.
B. Read the story and feel very upset.
C. Read the story and think about it as evidence that "life is short" when you say "yes" to a wild party that night.
D. Read the story, talk to your friends about terrorism, and read what you can to understand the phenomenon.

Answers

A. Sometimes, skipping a news story that you know will upset you is a healthy response, especially if it's news that doesn't affect you or your community and about which you can do nothing. However, it could also mean that you are ignoring important news or situations where you could make a small difference.

B. It's generally not a healthy response to think that other people's tragedies will happen to you or to become unduly upset. If possible, follow up your emotion with action—either by a donation, by learning more about the situation or by commonsense psychological techniques like "relabeling" (see story) to help you recognize that freak tragedies that happen to others are unlikely to happen to you.

C. Using the bad news to appreciate your own life and luck is often a good response. But this can be taken too far, says psychologist Barry Lubetkin, if you use tragedy as a justification to lead a wild life or you hold a superstitious conviction that your life is charmed.

D. Psychologists agree that reasonable vigilance, education and action are the healthiest responses to the bad news.

MIKE QUON DESIGN, INC.

particularly airplane phobics. They thought, 'If with all that scientific expertise, the Challenger blew up, how can I trust an airplane that gets much less scrutiny?'"

■ Numbness. "Then there's the group that numbs out," says Dr. Lubetkin. "They hear bad news, or read it, but they put on blinders and earplugs and remain indifferent."

■ The Wild Response. "There's another group that somehow uses bad news to justify carrying on their lives in a wild way. They say, 'What the hell, the world's going to pot anyway, let me just enjoy myself and act without conscience.' "

■ Charmed. "Some people welcome the randomness of violence—not that they look forward to it, but they tend to believe they lead a charmed life. The randomness of bad news allows them to continue with the illusion that nothing can touch them, that they'll always be in the right place at the right time."

Take the quiz, "How Do You Handle the News?" to determine how you react.

What's a better response? "Probably the most adaptive way is what I call reasonable vigilance," says Dr. Lubetkin. "That means these people think, 'The world is unpredictable, the world is basically unfair, it metes out bad and good luck independently of what I hope, pray, dream or desire. I have to accept this as a basic reality of life. I will be reasonably vigilant, I won't pick up strangers hitchhiking, but I accept a certain amount of risk, which is part of being a human being.' "

For patients who do have inappropriate news-related phobias or anxieties, Dr. Lubetkin recommends a technique called relabeling. "Relabeling is challenging irrational beliefs," he explains. Patients who were nervous about flying in the wake of the Challenger tragedy, for example, were helped by focusing on all the planes that take off and land successfully each day.

GOOD NEWS IS NO NEWS?

Isn't it simpler just to turn it off? Joyce Anisman-Saltman, a Connecticut psychotherapist and sometime comedienne who teaches executives and clients all over the country how to put more laughter in their lives, wholeheartedly endorses this approach. "Every time I'd read the newspaper, I'd go, 'Tsk, tsk,' 'Oh my God,' 'Honey, did you see that?' 'Isn't this terrible!' "

So she went cold turkey—she simply no longer reads or watches TV news. As evidence that this technique works, Saltman points out that vacationers usually don't read the newspapers. "When we're trying to recharge ourselves, we instinctively stop reading the newspaper to feel better.

"I accept that one of my shortcomings is that I'm not a well-informed person. I'm good at other things," she adds.

There are two problems with the cold-turkey solution. First is our responsibil-

ity as citizens of a democracy to stay informed. And second is, as Dr. Lubetkin puts it, "You can't turn it off forever."

Fortunately, there are plenty of other things you can do to deal with the news in a better way.

BE A CHOOSY CONSUMER

The first step is to be a choosy news consumer and recognize that all news sources are not alike. Television is more explicit than newspapers and tends to aim for the emotions rather than the mind.

If you do watch TV news, you may want to opt for the 6 p.m. version rather than the later shows. News consultant Jim Thistle points out that news directors are looking for a fresh lead on the later show, and are more likely to opt for a dramatic-but-not-very-important crime or fire. The morning news tends to be the most "user-friendly," Thistle adds.

Most experts say that, in general, newspapers are a better choice than TV or radio, because they have space for more explaining. Some newspapers are more responsible than others, though. And selective reading of your favorite newspaper may also be necessary. As one eminent journalist put it, "A headline is not an act of journalism, it is an act of marketing." If the headline reads, "Ax Murderer Strikes Again"—and you know it will upset you—you don't have to "buy" the story by reading it.

Psychologists emphasize that there are many ways to consciously adopt a healthier attitude to the bad news. "Take whatever you read and diminish your reaction by one-half," says Dr. Friedman. "Then ask yourself whether you have any control over the situation, whether you can make a difference. If the answer is 'no,' you must recognize that that is one part of civilization you are not a factor or participant in, and which will roll along without your involvement.

"But if there is any way your involvement—a vote, a letter, a donation—can make a change for the better, you owe it to your mental health to do that, to take control," adds Dr. Friedman. ■

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Parkinson's Treatment to Be Tested

A promising drug-and-vitamin treatment for Parkinson's disease is going to be put to the test. In the biggest drug study ever in the fight against the debilitating disease, 28 medical centers in the United States and Canada are now enrolling Parkinson's patients as volunteers for the test. They'll be using a drug, deprenyl (not yet available in the United States), combined with tocopherol, a form of vitamin E.

Preliminary studies done in the early 1980's suggested that those substances, alone or together, might slow the progress of Parkinson's disease. No Parkinson's drugs currently used in the United States are known to slow the course of the disease. They simply relieve symptoms.

The study will go on for five years. Only patients in the early stages of Parkinson's, not requiring medication, will be enrolled.

"The scientific rationale is that these drugs slow the progressive loss of function and premature death of the brain cells involved in Parkinson's disease," says Ira Shoulson, M.D., of the University of Rochester, the study's principal investigator.

"The two drugs may work alone or together to protect cells from oxidative damage, as might be seen with exposure to toxic chemicals. In preliminary studies, people taking these drugs seemed to fare better than normal. They took longer than expected to develop symptoms severe enough to require traditional medication."

For enrollment information, contact DataTop Center, University of Rochester, Suite 160, 1325 Mt. Hope Ave., Rochester, NY 14620.

Some women are a sure bet for developing osteoporosis because, at menopause, they begin to lose bone rapidly—as much as 6 to 8 percent in a single year. In the past, many of these women were not diagnosed as having osteoporosis until it became all too apparent. They fell down and broke an arm or a hip.

Now, though, Danish doctors have found a way to identify most of those women *before* their bone loss becomes painfully obvious.

They put together a special combination of blood and urine tests that let them estimate how much bone a woman is losing—or building up.

They also check body fat. Thin women are more likely to develop osteoporosis than heavier women. This may be because thinner women have fewer fat cells, which create bone-saving estrogen.

MEDICAL-CARE NEWS

Using these tests, the researchers were able to identify correctly 79 percent of those women who later developed osteoporosis—and start them early on a program to minimize bone loss (*Lancet*, May 16, 1987).

Using barrier contraceptives to prevent pregnancy may be the best way to ensure becoming pregnant when you're ready, according to a recent study involving seven infertility centers.

The researchers found that women who used a diaphragm, condom or cervical cap with a spermicide had 40 percent less chance of suffering from tubal infertility than users of nonbarrier methods of contraception. One reason: Pelvic inflammatory disease brought on by gonorrhea or chlamydia can cause damage to fallopian tubes. Barrier contraceptives help prevent this damage by stopping infections from reaching the tubes. Protection was best among women who began using those methods of birth control in their early 20's (*Journal of the American Medical Association*, May 8, 1987).

Premature labor takes a holiday thanks to a new pregnancy monitor. The Term Guard home monitoring device is being used by obstetricians at the Ochsner Clinic, in New Orleans, to

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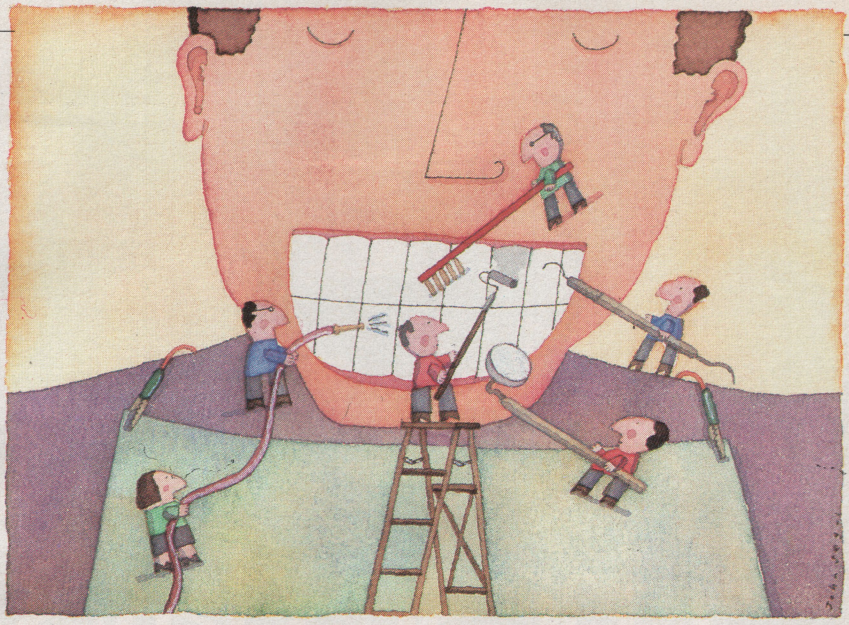
help prevent premature births, especially in high-risk pregnancies. It alerts the doctor to premature uterine contractions before the mother is aware of them—before it's too late to stop them. "Preventing premature birth is important for both the mother and the child," says Alfred G. Robichaux III, M.D., who has used the device on over a dozen patients. "The cost savings in hospitalization alone is significant. It is almost impossible to calculate the savings over a lifetime if we can prevent the neurological and other long-term difficulties associated with many premature, low-birth–weight babies."

The device consists of a lightweight monitor and recorder, which measure and store data on uterine contractions. It is worn for only two hours a day. The information stored by the recorder is transmitted by telephone to a device in the doctor's office, which prints out a graph similar to those produced by electrocardiograms. By reading the printout, the doctor can see if uterine activity is excessive and can begin treatment to suppress the contractions. The detailed printout also helps the doctor fine-tune the medication, minimizing side effects. "One of the biggest selling points is that it allows us to keep patients who may threaten premature labor out of the hospital," says Dr. Robichaux. "We use the monitor not only for those patients who are known to be high risk, such as diabetics and those who are facing multiple births, but also in many first pregnancies. Thirty percent of all premature labor occurs in first pregnancies." Term Guard has been approved by the Food and Drug Administration and is widely available.

If you have more than four alcoholic drinks a day, your choice of pain reliever should be a sober health decision. Leonard B. Seeff, M.D., of Veterans Administration Medical Center in Washington, D.C., and colleagues report the cases of six chronic alcoholics who developed severe liver disease after taking moderate doses of acetaminophen. Other doctors have reported 19 similar cases, they say. Apparently, in alcoholics, a large amount of the drug is converted to a highly toxic substance. "The damage we have seen in these cases is far greater than that from any other liver disease," says Dr. Seeff. Infrequent imbibers need not worry, though. "For the casual alcohol consumer there are no adverse effects from acetaminophen use as far as we can tell," he says. "Our main message is that acetaminophen is not the ideal analgesic for alcoholics. It appears that normal doses are toxic to the chronic alcoholic." Still, some other doctors warn that if you drink three or four beers a day regularly, you should not exceed six tablets a day of regular-strength acetaminophen. Others set the limit at nine tablets. ■



ILLUSTRATIONS BY JOHN SEGAL

YOUR HEALTHY SMILE

No-Fear Dentistry: 4 Breakthroughs

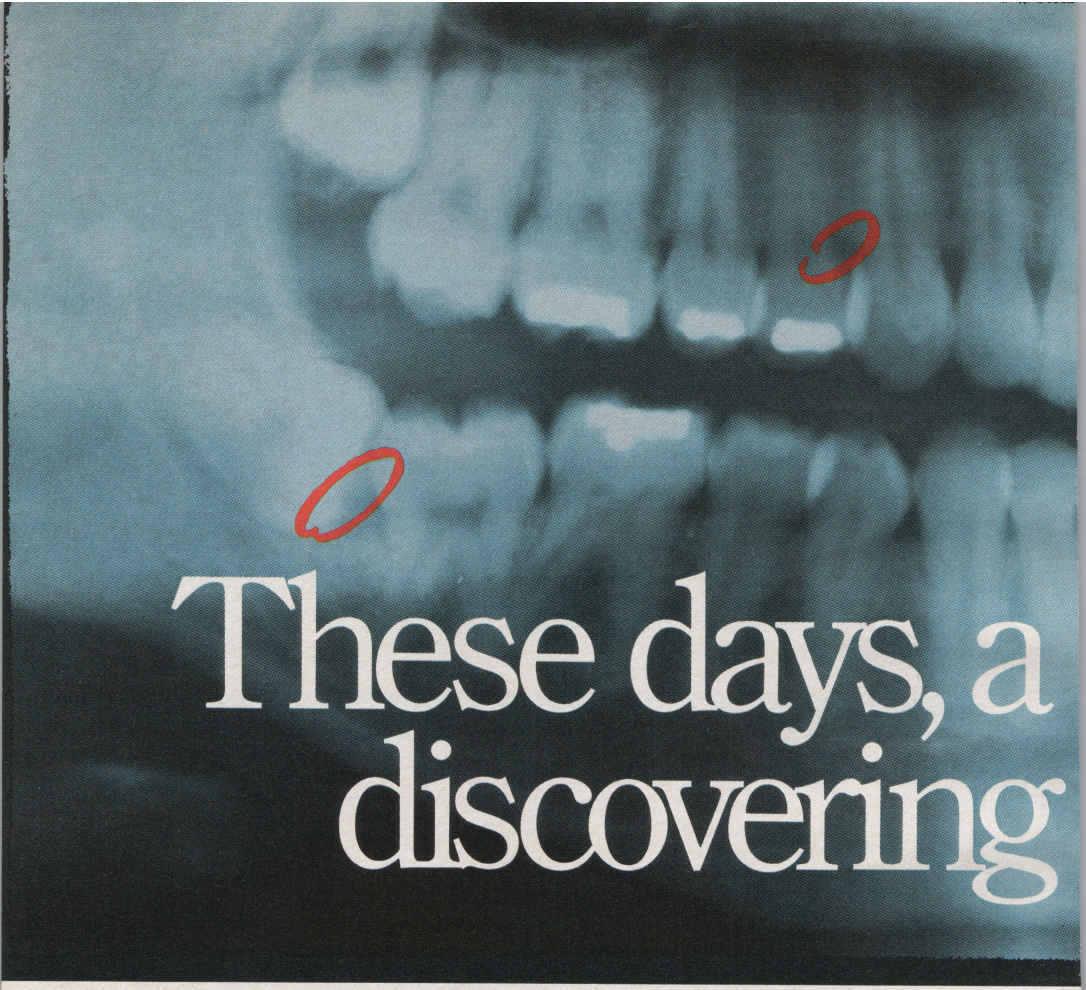
No need to keep putting off your dental appointment—you'll like these new treatments a whole lot better.

O.K., admit it. You can take on the Los Angeles freeway, ask your supervisor for a raise and fix the kitchen sink yourself, but when it comes to getting that long-overdue dental work done, well . . . maybe next month. Or better yet, next year.

BY MARIA MIHALIK

Welcome to the club. Up to 35 million other Americans have what the American Dental Association terms "dental anxiety." And, as a 1986 study showed, almost half of us haven't seen a dentist in over a year, even though many of us need attention.

If thoughts of The Drill, The Needle or a mouth that (in your opinion) will



These days, a discovering

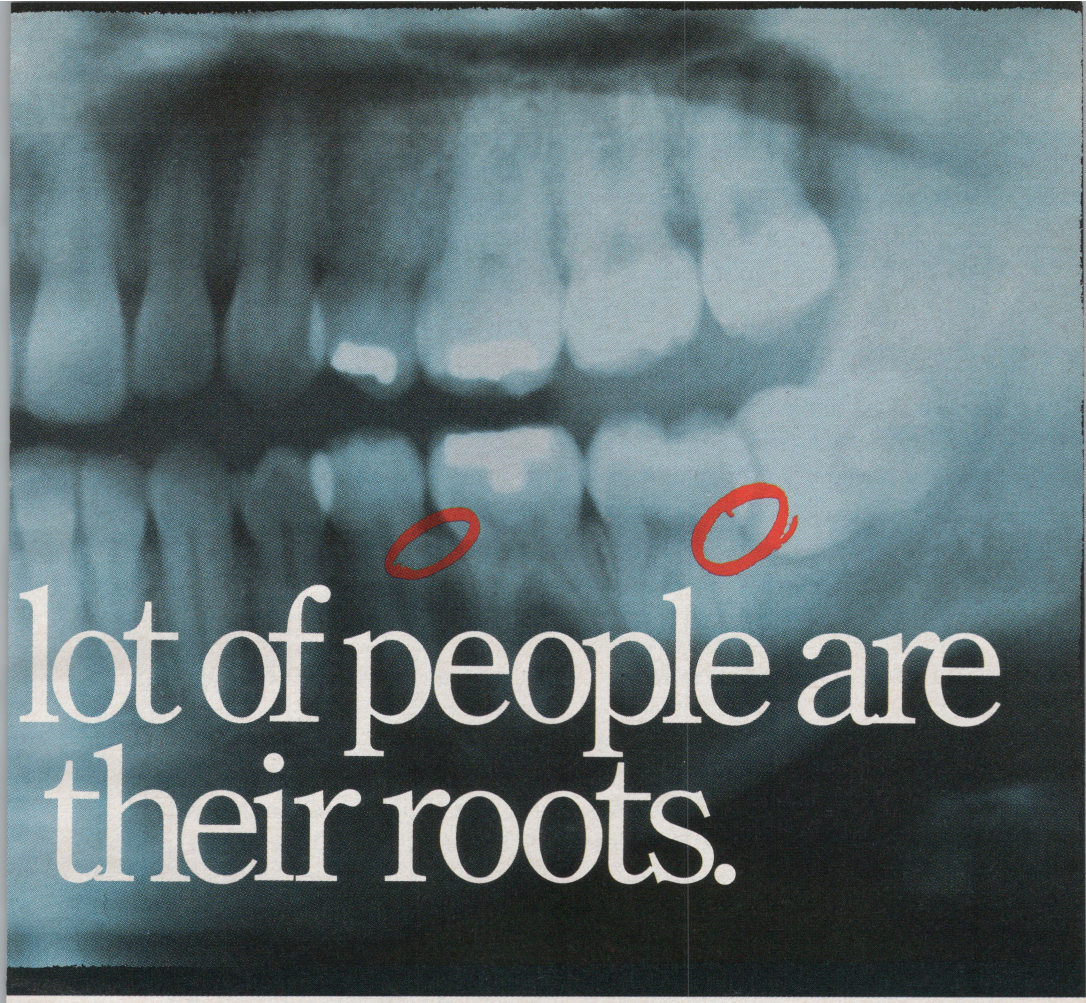
THE NEW WATER PIK® SYSTEMS.

Food trapped below the gum line can do some real damage. You can't feel it happening. And you can't see it. At least not until your dentist captures your smile on film.

BRUSHING AND FLOSSING AREN'T ENOUGH.

The fight against early gum disease begins with brushing and flossing. But there's only one way you can flush out the harmful debris that regular care leaves behind: the new Water Pik® Dental System.

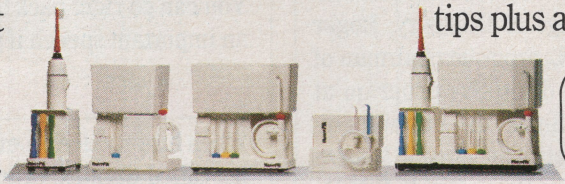
With pulsing jets of water—or your own antibacterial rinse—the Water Pik system cleans every little out-of-the-way place. And its massag-



lot of people are their roots.

ing action guarantees your gums the most fun they'll have all day.

Ask your dentist about the new Water Pik system. Because without it, you might discover some uncomfortable little secrets.



FIVE WAYS TO GET SERIOUS ABOUT YOUR SMILE.

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WaterPik® DENTAL SYSTEMS

Because brushing and flossing aren't enough.

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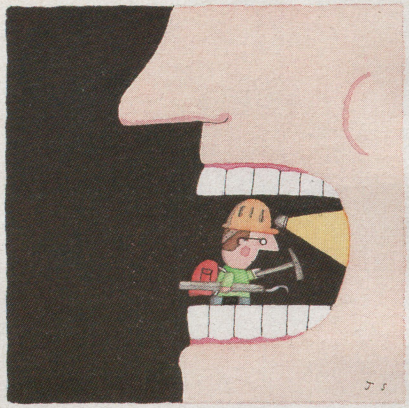
look like a highway under construction have you less than excited about going to the dentist, there is good news.

A SHOT AT COMFORT

Almost all of us appreciate the anesthetic that blissfully numbs us before procedures such as decay removal. But we could certainly do without the way it's delivered, as well as the numbness that lingers for hours after we leave the office. Well, the needle's still necessary, but the other vexations aren't.

"Intraligamental injection is a new way to send painkiller to nerves," says Roger Levin, D.D.S., president-elect of the Baltimore Academy of General Dentistry. "It uses a high-pressure syringe and an ultrathin needle that slides down the side of your tooth. The anesthesia can be sent right to where the nerve enters the tooth. This is more efficient than the old method, which could only place the painkiller in the gum surrounding the nerve."



check - up

When this new delivery method is coupled with a type of anesthetic called Xylocaine, the result is *instant* pain protection. Previously, the dentist had to wait about 10 minutes until the medication took effect before he could begin. "Patients feel much less anxious now because they don't have time to sit there dreading the drill," notes Dr. Levin. "And there's one other benefit: no numbness. You can go right back to work and give an important speech if you have to."

SWISH AWAY DECAY

When his practice received a new product called Caridex, Bruce Small, D.M.D., lecturer at the University of Medicine and Dentistry of New Jersey, in Newark, performed a little experiment on about 100 of his patients.

OUR DENTAL EXPERTS

Our authorities include **Michael Diamond, D.D.S.**, assistant professor of orthodontics at New York University College of Dentistry; **Roger Levin, D.D.S.**, program chairman of the general dentistry program at Baltimore's Sinai Hospital and editor of the national journal *Modern Dental Practice*; **Bruce Small, D.M.D.**, lecturer at the University of Medicine and Dentistry of New Jersey, in Newark. □

YOUR HEALTHY SMILE

He asked them each one question. "Would you be willing to pay more for a cavity-removal method that cut down on the amount of drilling I did and the amount of anesthesia I used?" With one exception, every patient said yes—and money was no object. (The lone dissenter wanted to know how *much* more.)

Dr. Small then introduced a new product that *dissolves* decay (in most cases with greatly reduced pain). For only a little more money (about $5 per cavity), Caridex makes a big change in decay removal.

The device is simple: A heating unit and pump are attached to a tube; at the end of the tube is a pencillike applicator tip. A warm chemical solution flows from the tip over your decay-invaded tooth. The active ingredient in the solution loosens the bonds that hold the molecules of decay together. Your dentist can then rub away the decay. (Healthy tooth and gum tissue are not affected by the chemical.)

"Caridex doesn't make the drill obsolete," explains Dr. Small. "But it significantly reduces the need for the drill and anesthesia. I'm using only half as much anesthesia as I did two years ago."

The great news: If your cavity is small and located on an easy-to-reach spot, you

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can probably escape the drill and shot of painkiller altogether. About 10 percent of cavities can be treated this way.

The almost-as-great news: If your cavity is located where the Caridex tip can't reach—under a filling or between teeth, for example—your dentist can use the drill to start the job and then gently "rinse" away the decay that's closer to your nerve.

The Caridex method leads to better fillings, too. "When we use Caridex alone or in combination with the drill, we pretty much leave the healthy tooth alone. What's left after the decay's gone is a rough, Grand Canyon–like surface. The filling ends up with more tooth to 'grab on to' and so has greater bonding strength. In other words, the filling will last longer," says Dr. Small.

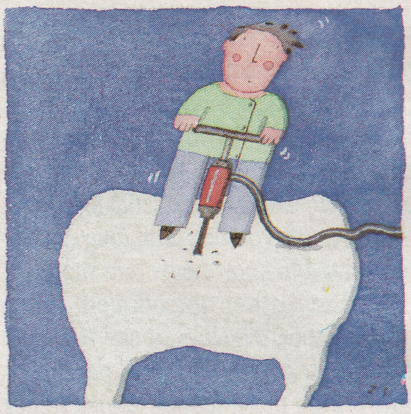
Caridex has no side effects. But if you have high blood pressure, you should know the solution contains sodium chloride. You might want to first clear the procedure with your regular doctor.

NO-SHOW FILLINGS

A sad fact about cavities is that victimized teeth usually look worse after they're filled. It's a rare adult mouth that isn't sporting a collection of gold, dark gray and silver fillings.

Enter porcelain onlays and white fillings, the new natural-looking dental materials for the appearance-conscious.

"There's no clinical reason to get your metal fillings taken out. Some people, however, are opting to have a mouthful of gold and silver restorations replaced," says Dr. Levin. "Others are choosing natural-looking fillings when old ones fall out, or when a new cavity shows up."



drilling

Porcelain onlays are used to restore fractured teeth or teeth with large cavities. They're an alternative to crowns and amalgam fillings (a silver and mercury mix).

In addition to looking more attractive than a silver filling, porcelain bonded to the tooth is much stronger. And placing an onlay doesn't require as much healthy tooth to be ground away, as must be done when inserting crowns. Your dentist simply bonds the porcelain into place with a special resin, and then stains it to match the color of your other teeth. The total cost is much more than the cost of a silver filling, but less than a crown.

TWO WAYS TO GUN DOWN PLAQUE.

CHECK·UP® TOOTHPASTE

Plaque may as well as give itself up. Because Check•Up helps remove plaque safely and effectively everywhere you brush. Every time you brush. And Check•Up gets your teeth so clean you can feel it!

CHECK·UP® GUM

Carry this plaque fighter along to help fight plaque after lunch and between brushings. Clinical data shows it helps remove plaque. When you can't brush, chew Check•Up Gum.

White fillings are another appearance-preserving option. They cost far less than porcelain onlays, but are still about 10 to 20 percent more than silver fillings.

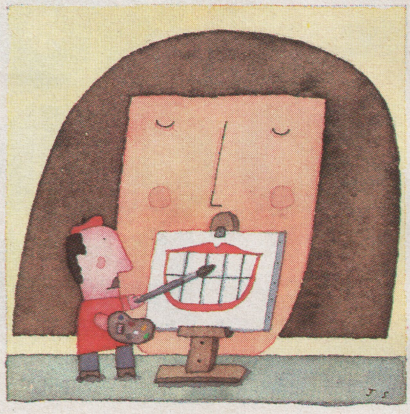
White fillings are made from a bonding material called posterior composite resin, and can also be color-matched to your other teeth. They are, however, not without their drawbacks. "White fillings won't last as long as silver and may need minor repairs," notes Dr. Levin. "Research is continuing, though, and these kinks will probably be worked out soon."

BRACE YOURSELF

Crooked teeth are not the bane of teenagers only. More than half of all Americans could benefit from orthodontic treatment, either to look better or have less-painful, better-functioning mouths.

If your teeth could use straightening but you just can't see yourself as a middle-aged "metal mouth," you might want to check out new braces you just can't *see*, period. One kind is sapphire braces, and they're constructed of a clear, man-made version of the precious gem. Another alternative is ceramic brackets.

"In my practice, I fit more adults with braces than children," says Michael Diamond, D.D.S., assistant professor of orthodontics at New York University College of Dentistry. "Almost every single adult opts for sapphire or ceramic. The sapphire is so transparent that from four to five feet away, only one thin wire



no show fillings

is visible. From 10 feet or more, you can't see anything. The ceramic brackets are not transparent, they're translucent. They're like a chameleon: They pick up the color of the tooth."

Invisible braces of a different sort came out a few years ago, but failed miserably. They were made of plastic and weren't strong enough to do the job. Worse yet, they were easily stained by food and drinks. Sapphire and ceramic braces are stronger than plastic—as strong as their metal predecessors—and are impossible to stain.

You can expect the total cost for treatment with sapphire or ceramic braces to be about 20 percent more than you'd pay for the metal kind. But the invisibility factor may be just the thing to hedge any hesitation you may have about finally attaining straight, healthy teeth. And "sapphire mouth" almost sounds like a compliment! ■

Finally. A sophisticated weapon in the war against plaque.

These days, it seems like every product from mouthwash to toothpaste wants to help you fight plaque. And for good reason. Plaque buildup is a leading cause of gum disease which can lead to very serious complications.

But among the so-called "plaque attackers," the INTERPLAK Home Plaque Removal Instrument is unsurpassed as a technological breakthrough.

Bristles rotating 4,200 times a minute literally scour plaque off your teeth.

The INTERPLAK Home Plaque Removal Instrument cleans teeth virtually plaque-free.

If plaque is not removed daily, its bacterial film can lead to tooth decay and gingivitis, an early stage of gum disease. But while clinical studies have shown that manual brushing removes only some of the buildup, the same studies show the INTERPLAK device cleans teeth and gums virtually plaque-free.

How the INTERPLAK instrument cleans circles around ordinary brushing.

With manual or even electric toothbrushes, you move the bristles. But with the INTERPLAK instrument's patented design, the brush remains still while the bristles rotate. Ten tufts of bristles rotate 4,200 times a minute, reversing direction 46 times a second.

They literally scour off plaque and stimulate your gums. Yet because the bristles are four times softer than the softest toothbrush, the INTERPLAK device is no more abrasive than manual brushing with toothpaste.

Serious plaque removal for the whole family.

Each INTERPLAK Instrument comes with two interchangeable brush heads. You can also get additional brush heads so every family member can benefit from cleaner teeth and gums. The INTERPLAK instrument is also cordless, recharging between uses in its own stand. For more information or the name of a retailer near you, call toll-free **1-800-537-1600**, and ask for **Operator 193.** Do it soon. Because if you're really serious about fighting the war against plaque, you couldn't have a stronger ally.

INTERPLAK®
HOME PLAQUE REMOVAL INSTRUMENT

Interplak is Acceptable as an effective cleaning device for use as part of a program for good oral hygiene to supplement the regular professional care required for good oral health.
Council on Dental Materials, Instruments and Equipment, American Dental Association.

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Semiwild Game

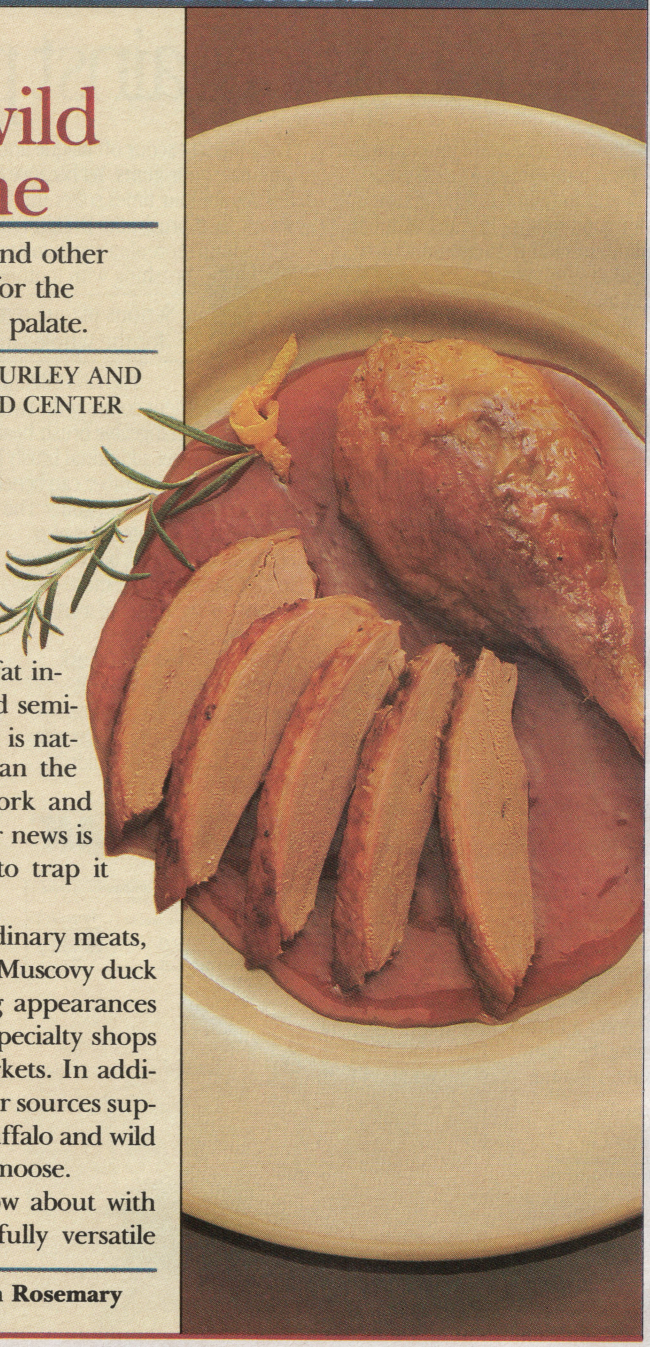
Rabbit, buffalo and other low-fat meat for the adventuresome palate.

BY JUDITH BENN HURLEY AND THE RODALE FOOD CENTER

We're game. Are you? If you're hunting for ways to jazz up your diet—without raising your fat intake—look to wild and semiwild meat. Most game is naturally lower in fat than the usual cuts of beef, pork and lamb. And even better news is that you don't have to trap it yourself.

Many out-of-the-ordinary meats, including rabbit, goat, Muscovy duck and quail, are making appearances in farmers' markets, specialty shops and upscale supermarkets. In addition, myriad mail-order sources supply everything from buffalo and wild hare to reindeer and moose.

Where to start? How about with rabbit? It's a wonderfully versatile



Roast Duck With Fresh Rosemary

PHOTOGRAPHY BY CARL DONEY, STYLED BY KAY LICHTHARDT

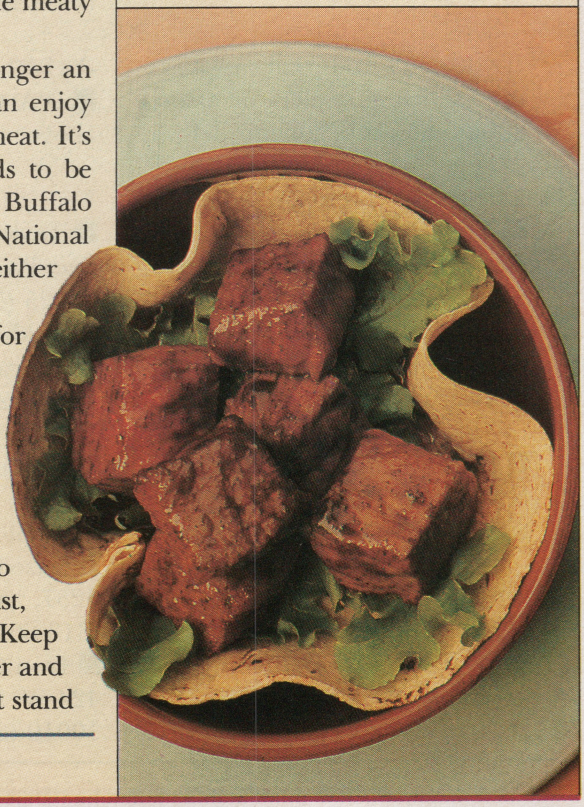
food, with pale, tender, low-fat flesh reminiscent of both veal and chicken. It's excellent in cacciatore, jambalaya, gumbo and warm salads. To substitute rabbit in recipes calling for boned chicken breast, use a boneless saddle cut. Be aware that rabbit is denser than chicken, so you'll need slightly more cooking time.

Rabbit is available from many poultry purveyors, although you may need to order it in advance. One tip: Ask the butcher to cut it into serving pieces. And have him cut the meaty back into three pieces.

Now that buffalo is no longer an endangered species, you can enjoy its tender, richly flavored meat. It's darker than beef and tends to be lower in fat and cholesterol. Buffalo raised by members of the National Buffalo Association is either USDA or state certified.

Try substituting buffalo for beef in some of your favorite recipes. Just remember that buffalo takes less time to cook, so lower the oven temperature 25° to 50° and check early for doneness. Because buffalo contains no fatty marbling to keep it moist, it is susceptible to drying out. Keep it well wrapped in the freezer and refrigerator. And don't let it stand uncovered after cooking. The low fat content also makes buffalo more apt to stick during cooking, so use no-stick pans for burgers, stir-fries and sautés.

Certain types of duck are lower in fat than others. Muscovy is a lean, meaty, tasty breed that's often available in farmers' markets, especially around the November and December holidays and at Easter. To further lower its fat, always trim any visible fat from the cavity and neck area



Buffalo Chili

and remove skin before eating. And roast the duck on a raised rack above a drip pan for good fat drainage. A vertical roaster also allows fat to drip away.

As most hunters know, venison can vary in flavor depending on the species. Certain wild deer that feed on weeds and leaves can have an unpleasant, gamy taste. Ranch-raised deer, however, often eat grass, resulting in a more tender, pale and delicate meat. Axis deer, for example, have a delicious, veallike taste and texture. A 3½-ounce piece of the meat (uncooked weight) has about 126 calories and only 4 grams of fat, far lower than a comparable serving of beef.

Continued on page 97

GAME SOURCES

If you can't find local suppliers, the following dealers or associations should be able to help.

BUFFALO

■ The National Buffalo Association, 10 Main St., Fort Pierre, SD 57532 (605-223-2829). Send a self-addressed, stamped envelope for a list of ranchers in your area.

■ High Meadow Buffalo, 6911 N. Washington, Denver, CO 80229 (303-287-7100).

MUSCOVY DUCK

■ L. Halteman and Sons, 12th and Filbert Sts., Stall 353, Philadelphia, PA 19107 (215-723-7890 or 215-925-3206).

■ D'Artagnan, Inc., 399-419 St. Paul Ave., Jersey City, NJ 07306 (201-792-0748).

RABBIT

■ D'Artagnan, Inc., address above.

VENISON

■ Texas Wild Game Cooperative, P.O. Box 530, Ingram, TX 78025 (512-367-5875).

■ Balducci's, 424 Avenue of the Americas, New York, NY 10011 (800-822-1444 or 212-673-2600; in New York: 800-247-2450).

■ D'Artagnan, Inc., address above.

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■ Enzed Traders, Inc., P.O. Box 3257, Ann Arbor, MI 48106 (313-663-6987).

■ Iron Gate Products Co., Inc., 424 W. 54th St., New York, NY 10019 (212-757-2670).

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*For people on salt restricted diets, please consult your doctor.

Healthy Microwaving

Easy Corn-Bread Stuffing

Make a moist, flavorful accompaniment to turkey with little last-minute fuss.

BY JUDITH BENN HURLEY
AND THE RODALE FOOD CENTER

Make good use of your microwave this Thanksgiving. Regardless of what you do with the bird, you can make moist, flavorful stuffing in the microwave with very little last-minute fuss. Actually, the turkey will roast faster if the stuffing is made separately. And the stuffing won't have a chance to soak up any fat from the turkey. For this recipe, you'll need to make an 8-inch-square corn bread. And rest assured that you can bake the corn bread well in advance and freeze it until needed.

3 tablespoons minced celery leaves
2 scallions, minced
1 leek (white part only), minced
2 teaspoons oil
4 cups tightly packed corn bread cubes
1½–2 cups chicken stock
1 egg, lightly beaten, or ¼ cup egg substitute
½ teaspoon dried thyme
½ teaspoon dried sage

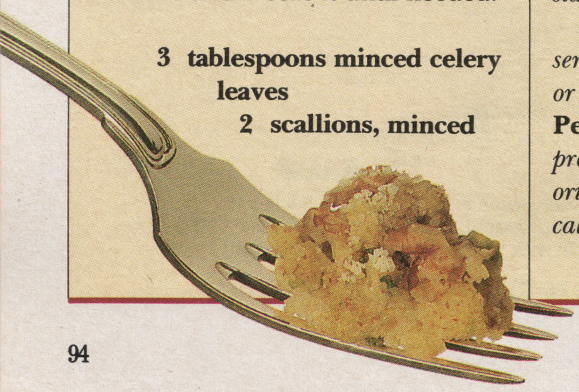
In a 2-quart glass bowl, combine the celery, scallions, leek and oil. Cover with ventilated plastic and microwave on full power for 3 minutes, or until the vegetables are just wilted. Add the corn bread to the bowl and mix well.

In a small bowl, whisk together 1½ cups stock, the egg, thyme and sage. Pour over corn bread and mix well. If the mixture seems too dry, add additional stock.

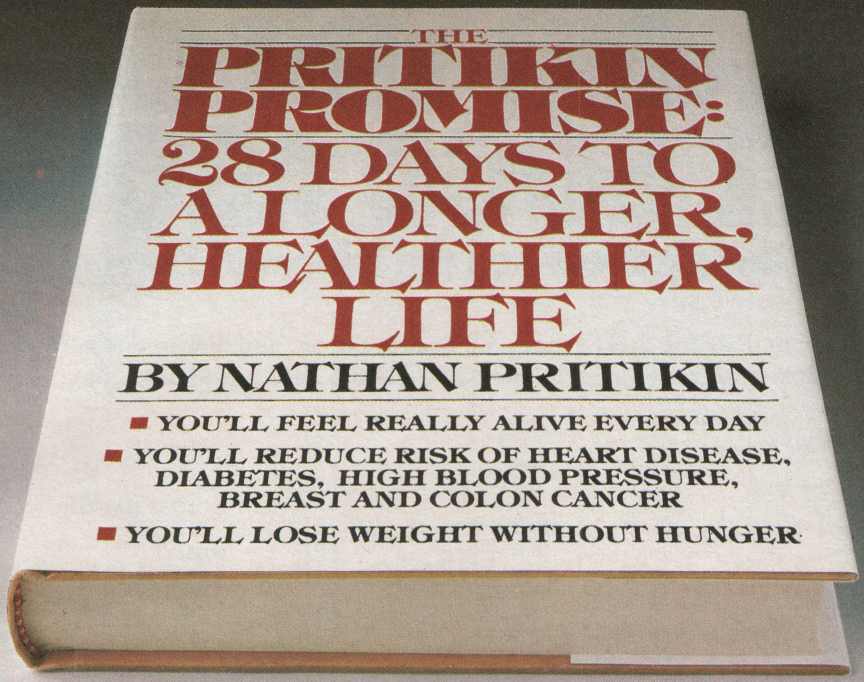
Completely wet a paper towel, then wring it out until it's damp. Use it to cover the bowl. Microwave on MEDIUM (about 50 percent) for 4 minutes. Rotate the dish and microwave on HIGH (100 percent) for 2 minutes. Let stand 5 minutes.

Transfer the stuffing to a heatproof serving dish. Broil for about 1 minute, or until nicely colored. **Serves 6.**

Per serving: *254 calories, 7.6 grams protein, 9 grams fat (32 percent of calories), 2.6 grams dietary fiber, 118 mg. calcium, 383 mg. sodium. Also a good source of iron (2 mg.).* ■



PHOTOGRAPHY BY CARL DONEY, STYLED BY KATHRYN SOMMONS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Makes Living Longer Easier.

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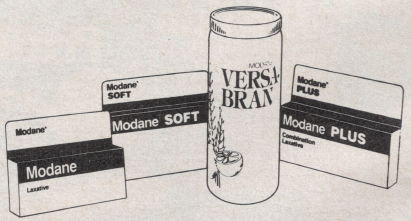

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Continued from page 92

If you have a choice, opt for buck meat, which is tastier than doe and lends itself better to salt-free cooking. For roasting purposes, choose saddle or loin cuts. Bucks take about 25 minutes per pound; does, about 20. Use other cuts for stews or braising. If you suspect the meat will taste gamy, marinate it in milk for a few days, changing the milk each day.

Bold, sharp flavors complement venison well. Try mustard, rosemary, tarragon, sage, citrus, vinegar, garlic, leeks, plums or cranberries.

To start you enjoying new taste sensations, here are a few of our favorite game recipes.

ROAST DUCK WITH FRESH ROSEMARY

This roasting method produces duck that's savory and lean. Serve with steamed baby potatoes.

1 Muscovy duck, about 6 pounds
juice and pulp of 1 orange
½ teaspoon grated orange rind
2 teaspoons Dijon mustard
2 cloves garlic, minced
2 tablespoons fresh rosemary leaves
1 onion, quartered
1 orange, quartered
3 sprigs fresh rosemary
1 tablespoon red-currant jelly (optional)
juice of 1 orange (optional)

Use poultry shears to remove wing tips from duck. Trim any excess fat from neck and tail areas. Remove neck if it's still attached.

In a spice grinder or large mortar, combine the juice of one orange, pulp, rind, mustard, garlic and rosemary leaves. Blend or pound until well blended.

Set the duck in a large baking dish. Rub with the rosemary mixture. Cover, refrigerate and allow to marinate at least 4 hours.

Place the duck on a raised roasting rack. Put the rack in a drip pan. Pour about ½ inch of water into the pan to keep any dripping fat from smoking during roasting. Place the onion, orange and rosemary in the duck's cavity.

Preheat the oven to 450°. When you place the duck into the oven, lower the heat to 400°. Roast until the duck is tender and cooked through, about 2 hours or until internal temperature reaches 185°. (Check from time to time; if the temperature seems too hot, lower it to 350°. If the duck begins to darken too quickly, cover with an aluminum-foil tent. Remove the tent for the last half hour of cooking. Mix jelly and juice of second orange; brush on duck for last 15 minutes of cooking.)

Remove from the oven and let stand 20 minutes before carving. Remove and discard onion, orange and rosemary sprigs. **Serves 4.**

BUFFALO CHILI

Serve this lean chili rolled in soft tortillas or over corn bread with crisp green salad. You may substitute lean pork or beef for the buffalo.

3 dried ancho chilies or 2 tablespoons chili powder
1 tiny hot dried chili pepper or ½ teaspoon hot-pepper sauce
3 cloves garlic
1 bay leaf
1⅔ cups beef stock
1 pound buffalo meat (stew meat or top round), cut into 1-inch chunks
1 tablespoon flour
½ teaspoon dried oregano
½ teaspoon ground coriander
½ teaspoon ground cumin
pinch of ground allspice
1 tablespoon oil

Use a paring knife to remove and discard the seeds from the dried chilies. Place chilies in a small saucepan with the garlic, bay leaf and ⅔ cup stock. Simmer until chilies are tender, about 15 minutes. Transfer to a blender or food processor and blend until smooth. Pour in the remaining stock while the motor is running. Set aside.

In a large bowl, combine the buffalo, flour, oregano, coriander, cumin and allspice. Toss well.

Heat the oil in a large no-stick frying pan. Add the buffalo mixture and sauté until pieces are almost all brown. Add the chili mixture and bring to a boil. Reduce the heat and simmer for 30 minutes, or until meat is tender. If necessary, add more stock to prevent sticking. **Serves 4.**

VENISON BROCHETTES

This low-cal, low-fat marinade works well with lean beef and lean lamb, too. Serve with hot rice and a chunky cucumber salad.

2 cloves garlic, minced
½ teaspoon ground mace
½ teaspoon ground cumin
pinch of ground cinnamon
pinch of saffron, crumbled
pinch of powdered ginger
2 teaspoons orange juice
pinch of grated orange rind
½ cup low-fat yogurt
1 pound venison saddle or loin

In a large bowl, combine the garlic, mace, cumin, cinnamon, saffron, ginger, orange juice and rind. Whisk in the yogurt.

Cut the venison into 1½-inch cubes. Add to the yogurt mixture and stir to combine well. Cover and refrigerate overnight. Stir occasionally.

Thread the venison onto skewers, taking care not to crowd the pieces. Reserve yogurt. Broil or grill, turning frequently and basting with leftover yogurt mixture, until cooked through, about 10 to 12 minutes. **Serves 4.** ■

To Drink, or Not to Drink?

That is the question. And here is the answer.

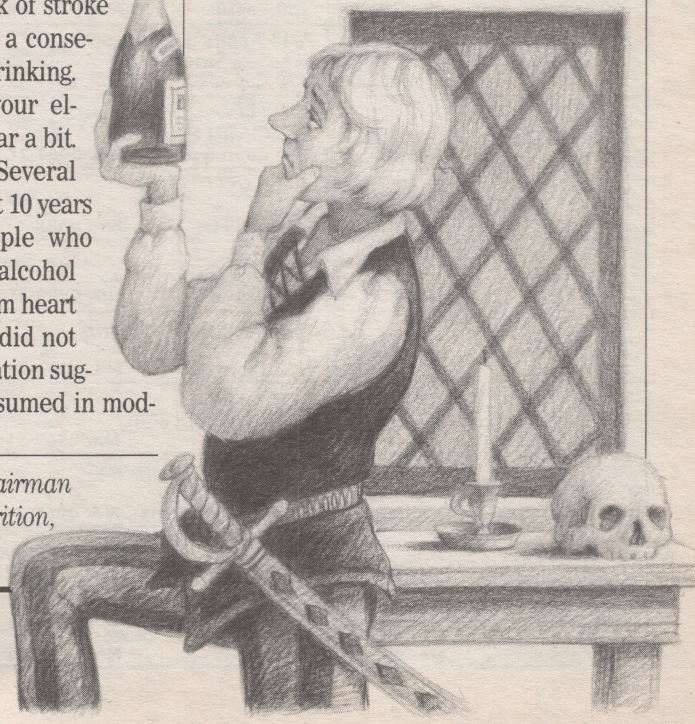
BY HANS FISHER, PH.D.

Perhaps you've found yourself drawn in recently by the enticing news that moderate alcohol consumption may actually be good for your health. Headlines over the past several years have spoken of a reduced mortality from heart disease, lower risk of stroke and even weight loss as a consequence of moderate drinking. But before you bend your elbow, let me bend your ear a bit.

First the good news. Several surveys carried out about 10 years ago indicated that people who drank small amounts of alcohol had a lower mortality from heart disease than those who did not drink at all. This observation suggested that alcohol, consumed in moderation, somehow protected against heart disease.

Considerable evidence has stacked up since then to show exactly *how* small intakes of alcohol might confer protection against heart disease: by increasing the high-density-lipoprotein (HDL) fraction in the blood. HDL is the beneficial carrier of cholesterol.

In one study with seven normal men, HDL cholesterol increased significantly when they were drinking moderately. Levels of LDL cholesterol (the "bad guy" responsible for deposits in the blood vessels that ultimately lead to heart attacks) and triglyceride (another damaging blood fat) were unaffected, though. In a group of 24 healthy men, the HDL–cholesterol level fell when the men abstained from drinking and rose



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Hans Fisher, Ph.D., is chairman of the department of nutrition, Rutgers University.

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again when they consumed modest amounts of alcohol.

In a recent investigation with 100 subjects, both men and women, it was again shown that the HDL cholesterol increased. In this study, the amount of alcohol consumed was fairly small: about 18 grams of alcohol per day (a pint of beer, two small glasses of wine, or about a jigger of whiskey).

In a new study of almost 8,000 men, though, British researchers found that while moderate drinking raised HDL, it did not significantly lower the risk of heart attack. The effects of the well-known risk factors, such as cigarette smoking and high blood pressure, far outweigh those of moderate drinking, the researchers conclude.

FEWER STROKES, FEWER POUNDS

It was recently reported in the *New England Journal of Medicine* that the risk of strokes was lower in light drinkers than in nondrinkers. But in heavy drinkers, the risk from stroke was four times as high as in nondrinkers. Light drinkers were defined as those who consumed between 10 and 90 grams of alcohol per week (there are about 10 grams in a small—3½ ounce—glass of wine) and heavy drinkers, those who consumed more than 300 grams per week.

One nutritionist has reported that the metabolic rate (the rate at which the body expends energy) is increased following modest alcohol consumption.

Another research group found that people given a diet that included wine or alcohol lost weight, while a similar group of people consuming the same total number of calories but with food taking the place of alcohol calories didn't lose any weight. This suggests that alcohol is utilized less efficiently as an energy source than other "foods."

In that same study, pure alcohol was compared with alcohol from wine. The researchers noted that the minerals calcium, phosphorus and magnesium were better absorbed and utilized when wine was consumed rather than an equivalent amount of pure alcohol.

But beware. As with so many other facets of our complex lives, moderate alcohol intake has another side. In an investigation comparing food and nutrient intake of two groups of men in a Veterans Administration center in Wisconsin, men who drank regularly consumed about 11 percent fewer total calories from food than nondrinkers. In other words, they were filling up on alcohol and depressing their appetites. As a result, they had somewhat lower intakes of other nutrients.

But by far the greatest concern about moderate alcohol consumption is the recently discovered link to breast cancer. Two major studies on that subject were published in the *New England Journal of Medicine* this year. One study,

from the National Cancer Institute, included more than 7,000 women. It showed that women who drank about three drinks a week had a 40 to 50 percent higher risk of developing breast cancer. An American woman is believed to have about a 10 percent chance of developing breast cancer in her lifetime. A 50 percent increase in that risk would increase her chances of getting the disease to 15 percent.

The other report, from Harvard Medical School, showed essentially the same results: a 50 percent increase in risk in those women who drank moderately. That was defined as three to nine drinks per week.

What should we conclude from all of this? Current information suggests that men may benefit from moderate drinking of alcoholic beverages—say, an occasional drink during the course of a week. But women appear to be at increased risk for breast cancer, even from the very modest intakes of alcohol that may reduce the risk of heart disease. On balance, then, evidence right now dictates extreme caution when it comes to imbibing more than an occasional drink. And of course, you should make every effort to prevent a pattern of continuous drinking. ■

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Lose 10 Stubborn Pounds Forever!

Why do some weight problems defy dieting? And how do you budge the unbudgeable? Finally, answers!

ANGELO CAGGIANO

Nearly everyone's got 'em. Stubborn pounds. The kind that quietly creep up over the years and seemingly settle in for life. Diet-resistant, they hang on after the other unwanted pounds have gone. And once pried from your frame, they are almost certain to return as quickly as they came off. To make matters worse, it's usually the last 10 pounds that put you within striking distance of your weight goal that are least likely to surrender without a fight.

BY EMRIKA PADUS

But why should the last 10 be any tougher to shed than the first?

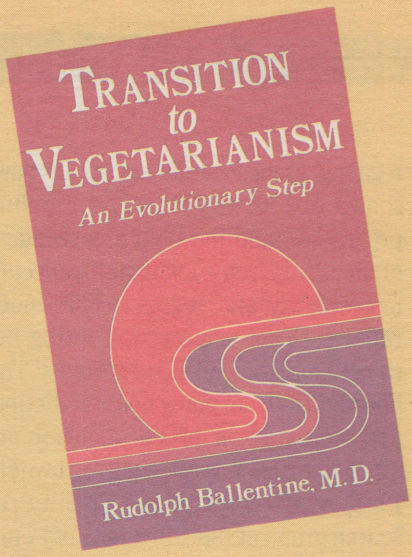
"I'll give you three simple reasons," says Theodore Van Itallie, M.D., codirector of the division of metabolism and nutrition at St. Lukes–Roosevelt Hospital in New York City. "First, fatter people tend to have higher energy re-

quirements. As you lose weight, you burn fewer calories just by virtue of the fact that you've become smaller and are carrying around less weight. Second, heavy people tend to be waterlogged, and water loss is the first thing to show up on the scale. Third, as you lose weight, your metabolic rate slows down."

Rapid weight loss and weight cycling—rapid weight loss followed by rapid weight gain—exacerbate the problem. Eating too little can sometimes sabotage your weight-loss efforts, Dr. Van Itallie explains. When denied food, the body feeds off the protein in muscle. And since muscle is the body's most metabolically active tissue, depleting it can reduce your body's calorie-burning ability.

Further, according to George L. Blackburn, M.D., Ph.D., associate professor at Harvard Medical School and a leading authority on weight loss, a severely restricted diet trains the body to be more energy efficient—that is, to conserve calories by slowing its resting metabolic rate. This, he says, makes it increasingly difficult to continue losing weight and much easier to gain it back, since the metabolism usually stays depressed even after normal eating patterns resume.

Regained weight is especially stubborn. The problem is, crash dieting not only depletes muscle mass, it promotes fat storage later, after you've gone off the diet. So pounds lost as muscle are often



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regained as fat. Preliminary studies have shown that as weight loss/gain cycling progresses (and the body's percentage of fat may increase), weight loss occurs more slowly and regain occurs more rapidly. "This may be why losing becomes more difficult as we get older. The body learns from many bouts of dieting, and stores fat in preparation for another shortage," says Kelly Brownell, Ph.D., codirector of the obesity research group at the University of Pennsylvania School of Medicine.

Still, diet mongers insist that the more resistant the weight problem, the more drastic the measures required to resolve it. The experts we interviewed disagree with that: Stubborn pounds, they say, eventually yield to gentle persuasion. The person who takes a slow and steady approach may have a much better chance of dropping those last 10 pounds permanently.

Their general advice: Forget about extremely restricted diets or strenuous exercise regimens. What's required is patience and commitment. Don't tackle a tough weight problem unless you are quite motivated and are certain that you can stick with the kind of lifestyle changes mentioned below—not just till you've shed the 10 pounds but forever, for the rest of your life.

"Look at it this way," says Dr. Van Itallie. "You can lose weight by moving from New York City to Bangladesh for two months. But when you move back to New York City you'll gain it right back. The key is to learn to live in your New York environment at a different level of energy intake and expenditure—at a different calorie economy."

So, if you are motivated and committed, then our panel of experts is ready to share with you their strategies for permanent weight loss. We presented three common "stubborn-pound" scenarios to Drs. Van Itallie, Blackburn and Brownell. Here are their recommendations for each:

Suppose, over the last five years, your weight has stabilized at a level 10 pounds above your ideal. You eat sensibly, consuming about 1,600–1,800 calories a day, and exercise regularly—30 minutes, three times a week. How can you safely shed those 10 pounds and maintain the lower weight?

"The best way to lose fat and retain lean muscle mass is to lose weight slowly. You can do this by reducing caloric intake by about 500 calories per day and gradually increasing caloric expenditure through exercise," says Dr. Van Itallie. "Safe weight loss occurs at an average rate of 1 percent of body weight per week. If you weigh 150 pounds, for example, aim for a loss of about 1.5 pounds a week, no more."

Dr. Blackburn's advice is similar. "If you've got 10 pounds to lose, give it a full 10 weeks," he says. "In the first three to

Continued on page 110

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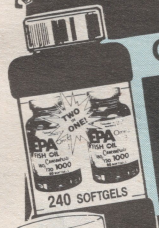

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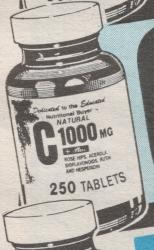
✓CITRUS BIOFLAVONOIDS
✓RUTIN
✓ACEROLA ✓HESPERIDIN

Bottle of 250

3.88



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100% PRESERVATIVE FREE SOFTGELS

Each preservative and additive free softgel provides mixed tocopherol NATURAL vitamin E (5%) from d-Alpha, Beta, Gamma, and Delta tocopherols. This formula also provides laboratory-processed dl-Alpha tocopheryl (95%) manufactured under strict U.S. Government regulations, assuring maximum assimilation and full potency.

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PURE UNBLEACHED DOLOMITE

11 GRAIN ALL NATURAL CALCIUM & MAGNESIUM IN NATURE'S BALANCE TABLETS

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66¢

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PROTEIN COATED TABLETS

1000 MG.

PLUS SAFE 250 IU'S OF D FOR CALCIUM ABSORPTION

SUPER BUY

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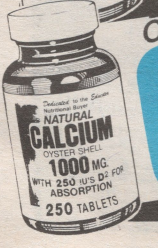

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ALFALFA

NOT COMMON 8 GRAIN 10 GRAIN

Western grown, from Deep Root Alfalfa supplying multinatural nutrients... A natural source of Vitamin K.

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SDV VITAMINS

LEADS THE WAY

EASY SWALLOW

B COMPLEX "FIFTY"

8 + 3 Formula

11 B FACTORS ALL IN A SYNERGESTIC BASE

PROTEIN GLAZED TABLETS

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3.77

VITAMIN B-1 (Thiamine)	50 mg.
VITAMIN B-2 (Riboflavin)	50 mg.
VITAMIN B-6 (Pyridoxine)	50 mg.
VITAMIN B-12 (Cyanocobalamin)	100 mcg.
FOLIC ACID	50 mg.
PANTOTHENIC ACID	50 mg.
NIACINAMIDE	50 mg.

ALSO CONTAINS BIOTIN, IN A BASE OF CHOLINE, INOSITOL AND PABA WITH PARSLEY, LECITHIN AND RICE BRAN.

ZINC 50 MG.

CHELATED WITH GLUCONATE

PROTEIN COATED TABLETS

Bottle of 250

1.33

TOTAL "C-Complex"

C-500 MG. PLUS ROSE HIPS

- ACEROLA
- RUTIN
- HESPERIDIN
- CITRUS BIOFLAVONOIDS

GLAZED TABLETS

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L-TRYPTOPHANE

with TRYPTOSORB® SPECIAL

500 MG

All Natural TRYPTOSORB, derived from milk, uses a new hydrolysis process to create a smaller molecule, promoting rapid digestability and prompt increased absorption.

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SUPER C 500 MILLIGRAMS

OUR FINEST!

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- 50 mg. of Rutin
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- 500 mg. of Vit. C
- Rose Hips + Acerola
- 100 mg. Citrus Bioflavonoids

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PRIMROSE

(500 MG.)

WITH DESIRED 42 MG. OF IMPORTANT G.L.A.

100 SOFTGELS

NOW! 7.99

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LECITHIN GRANULES

1 Tablespoon has the Lecithin value of 10 1200 mg. softgels

- TASTY
- PURE
- FRESH

95% PHOSPHATIDES

14 OZ.

2.88

Each Tablespoon Provides:
2000 mg. (Phosphatidyl) CHOLINE
1050 mg. (Phosphatidyl) INOSITOL

INCLUDING 2200 MG. OF IMPORTANT LINOLEIC ACIDS

THERE IS ONLY ONE

MaxEPA®

"THE ORIGINAL" USED IN ALL THE EPA STUDIES

1000 MG. SOFTGELS

EACH SOFTGEL PROVIDES:

180 MG. EPA
120 MG. DHA
1 IU VIT. E

Bottle of 250

8.99

16 OZ. DEBITTERED

BREWER'S YEAST POWDER

Affording all natural B complex vitamins and a full spectrum of other needed vitamins and minerals

2.88 1 LB.

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SAFE CONVERSION VITAMIN A

25,000 IU 3.99 250 SOFTGELS

Vegetable Source Vitamin A

25,000 IU With 400 IU of SAFE Vitamin D 4.49 250 SOFTGELS

10% MORE POTENT

BONE MEAL 11 GRAIN

Supplying "fresh" Calcium and Phosphorus. From selected young cattle, finely ground, compressed in tablet form NATURAL

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1.66

40% MORE POTENT THAN 7-1/2 GRAIN

LIVER

DESICCATED

10 1/2 GRAIN

From the finest Argentine cattle. Low heat dried. Pure, natural defatted, with B-12

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2.99

AMINO ACID CHELATED

MAGNESIUM

500 MG. PURE FORM

From oxide and gluconate, representing 100 mg. elemental Magnesium. Vegetable protein glazed tablets. "THE FINEST"

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1.88

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Dedicated to the Educated Nutritional Buyer™

NOW IN TWO POTENCIES

Activated

Charcoal

FORMULATED FROM THE FINEST NATURAL PEAT MOSS

250 MG. 2.88 250 TABLETS

500 MG. 4.66 250 TABLETS LARGE TABLET

FOLIC ACID

B-COMPLEX FACTOR 400 MCG.

- ISOLATED
- PURE
- POTENT
- ESSENTIAL

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SDV's "DOLO-might" CALCIUM with MAGNESIUM

In the proportions of DOLOMITE, assuring POTENCY and PURITY... FREE OF RESIDUAL METALS

EACH TABLET SUPPLIES
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ENZYME TABLETS ALL NATURAL

BOTTLE OF 500 TABLETS **97¢**

With your order from this AD RECEIVED BY NOV. 15, 1987

FREE!

LIMIT ONE

"PILL TOTER"

EASY CARRY AIR TIGHT UNBREAKABLE

FLIP OPEN SNAP SHUT

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SOYA LECITHIN

19 GR. 1200 MG.

BOTTLE OF 250 SOFTGELS **1.77**

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ODORLESS PURE GAR®

IN EASY SWALLOW SOFTGELS

300 mg. of natural PURE-GAR® (odorless garlic concentrate). Equivalent to *2½ times (750 mg.) the potency of fresh garlic.*

250 **5.88**

SDV VITAMINS Co-Q10 SOFTGELS

THE SOFTGEL ADVANTAGE!

- The most effective delivery system available (optimum absorption).
- Naturally colored to protect Co-Q10 from light induced loss of potency, a common occurence with 2-piece caps and tablets.
- Provides MAXIMUM BIOAVAILABILITY.
- Not only RESTORES the Co-Q10 into the system but substantially INCREASES the cellular and blood concentration levels of Co-Q10.

THE FACTS!

- Co-Q10 is involved in generating 95% of the total energy needs of the body.
- Co-Q10 is manufactured by the body, however, cellular levels have been shown to consistently decrease with age.

THIS MONTH ONLY!

120 SOFT GELS **10.88**

Bottle of 60 **5.99**

2 PIECE CAPSULES

ACIDOPHILUS (PLUS)

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A SUPER BUY!

250 **2.88**

NATURAL CITRUS

BIOFLAVONOIDS

1000 MG. GLAZED TABLETS

Working together with Vitamin C, this natural tablet works closely with the circulatory system.

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SELENIUM WITH CHROMIUM

THE SOUGHT AFTER DUO IN THE SOUGHT AFTER POTENCIES

100 MCG. SELENIUM plus 100 MCG. CHROMIUM. IN EACH

250 **3.44**

ISOLATED... PURE

L-LYSINE

500 MG. 250

VEGETABLE PROTEIN GLAZED TABLETS **2.66**

SAFE... YET POTENT

A 25,000 IU plus D-400 IU

Potent all natural fish liver oil providing maximum vitamin A with D. In cold pressed softgels

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ORGANICALLY BOUND

SELENIUM

50 MCG. 250 **1.19** GLAZED TABLETS

100 MCG. 250 **1.88** GLAZED TABLETS

B-6

PURE PYRIDOXINE VEGETABLE PROTEIN GLAZED

50 MG. 250 **1.29**

100 MG. 250 **1.99**

THE ABSOLUTE FINEST

E-400 IU

100% ALL NATURAL IN COLD PRESSED SOFTGELS

PURE D-ALPHA (PLUS)

100% Preservative FREE with the BONUS EFFECTS of *ALL NATURAL* TOCOPHEROLS Alpha, Beta, Gamma & Delta

250 **8.44**

POTASSIUM GLUCONATE

595 MG.

Each oval tablet supplies 595 mg. of Potassium Gluconate representing 99 mg. elemental

VEGETABLE PROTEIN GLAZED

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OMEGA 3®

120 SOFT GELS **8.88**

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Each Omega 3® softgel provides:

EPA (Eicosapentaenoic acid) 350 mg.

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Vitamin E ..... 1 IU

"QUALITY" That MEETS and EXCEEDS Federal Regulation and Industry Standards

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GARLIC WITH PARSLEY

Each 8 grain tablet supplies a 50/50 ratio of pure wholesome garlic with parsley.

VEGETABLE PROTEIN GLAZED

500 **1.99**

(CONCENTRATED WHOLE GARLIC)

GARLIC OIL (23 GR.)

1500 MG.

Each "cold pressed" softgel provides 23 grains of fresh whole garlic bulb extract in concentrate. Encapsulated to maintain potency.

250 **2.66**

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SDV VITAMINS

PRICES GOOD THRU DECEMBER 15, 1987

LOSE 10 POUNDS

Continued from page 106

four weeks, you can expect to lose half the weight. In the next four weeks, you lose a pound a week. And in the last two weeks you'll shape up and lose more fat.

"Keep in mind that your ideal weight is one you can maintain without being hungry while eating three natural meals a day," he adds. "So don't starve yourself. Eat. Just pare down your diet to the essentials—the raw materials. Whole-wheat bread. Pasta. Rice. Fruits and vegetables. Skim milk. Fish and skinless chicken. No mixed dishes. No goulash. No lasagna."

By eating a "raw-materials diet," as Dr. Blackburn calls it, you consume more complex carbohydrates and less fat. The most obvious advantage of this diet is that it satisfies by providing bulk. More important, it gives your weight-loss program a metabolic edge.

Calories from fat are metabolized quickly and efficiently. In other words, it takes very little energy to transform butter into body fat. Calories from carbohydrates present the body with a greater challenge. It takes about five times as much energy to store the calories from, say bread, than it does from butter.

Of course, to burn calories, trim body fat, build muscle, regulate appetite and ensure weight-loss success, exercise also plays a crucial role. Especially, the right kind.

"You have to make a distinction between exercise that is designed for cardiovascular fitness and exercise that's designed for weight loss," says Dr. Van Itallie. "Thirty minutes of aerobic exercise three times a week will improve your cardiovascular condition. But for significant weight loss, I recommend gradually working up to two hours of brisk, purposeful walking every day. For maintenance, you can cut back to about an hour a day."

Dr. Blackburn agrees that, if you're exercising to lose weight, frequency and duration take precedence over intensity. "Instead of a strenuous aerobic regimen three times per week, I'd like to see a more moderate routine—say, walking or bicycling—five to seven days a week," he says. Of course, the more time you can devote to exercise the better. But to be realistic, he says, most people would do well if they could walk for 40 minutes a day.

Suppose you've embarked on a low-calorie diet and shed 25 to 30 pounds as a result. The weight came off pretty fast. But the diet doesn't seem to be working anymore. You've stalled 10 pounds from your weight goal. How do you get past this plateau?

First, say the experts, congratulate yourself. A 30-pound weight loss is worth celebrating. Reward yourself with a vacation—a vacation from weight loss.

That's not to say, binge back the 30 pounds. Rather, ease up to a maintenance plan.

If you've just dropped a fast 30 pounds, chances are you're in a very different metabolic state than you were before dieting, Dr. Van Itallie explains. The challenge now is to stabilize yourself at the new weight. If you're able to do this for a few months, your body should be better prepared to let go of the last 10 pounds.

Dr. Brownell seconds this "vacation" strategy. "Last year I had the opportunity to meet with a large group of individuals who averaged a 100-pound weight loss. I asked them how they overcame their weight-loss plateaus. Several said that they took a break from dieting and maintained their losses for a period of time before they took up dieting again," he explains.

To maintain a lower weight, you can eat more than you did while dieting but less than you ate at the higher weight.

"Keep in mind that for every pound you lose, you will burn 10 calories less per day just because you are lighter," says Dr. Blackburn. "So, to maintain a 30-pound loss, you'll have to eat 300 calories a day less or burn 300 calories a day more than you did at your higher weight."

"You probably have to change the nature of your diet, too, so that you're eating foods lower in fat and higher in complex carbohydrates," Dr. Van Itallie

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ZP1458

adds, "and adjust your lifestyle to make more room for exercise."

Only after you've maintained the 30-pound loss for at least three to six months should you tackle the last 10 pounds, our panel of experts agreed. When you're ready, then, follow the advice given for the first scenario: Take it slow, eat a moderately reduced high-carbohydrate diet and gear yourself up for an hour or so of brisk walking every day.

Suppose you've repeatedly lost and gained 10 pounds. Now, you're finding it virtually impossible to take them off again. What can you do to put an end to weight cycling and rid yourself of this unwanted weight once and for all?

"If you've lost before, this time you may have a more difficult battle to fight," says Dr. Brownell. "This doesn't mean that you won't lose this weight. But there is a possibility it's going to take more—more calorie cuts, more exercise and, most important, more motivation and commitment."

"People who continually regain their losses are obviously on the wrong track," says Dr. Van Itallie. "Those people have to take a careful look at their lifestyle and see whether, in fact, they are willing to commit themselves to permanent changes.

"Ask yourself: Am I really prepared to walk or bicycle one hour a day every day for the rest of my life? Am I really prepared to permanently give up fried foods, fatty meats and whole milk in favor of fruits, vegetables, fish, and other low-fat, high-fiber fare? If you can't answer yes, without hesitation, to those questions, then it's a waste of time, energy and emotion to lose those 10 pounds. You'll only gain them back—again."

However (here's the best news) if you can answer with a resounding yes, your battle of the bulge is as good as won. ■

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Do you need all the help you can get to lose weight and keep yourself healthfully slender?

The Premiere Issue of LOSE WEIGHT NATURALLY Newsletter explains why old fashioned strict dieting makes most people fatter—not thinner!—in the long run. It's loaded with practical tips on modern, successful weight control . . . thrilling success stories from people who were "hopelessly" overweight . . . and the special "Ten Commandments of Weight Loss."

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Mark Bricklin, Executive Editor

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Continued from page 46

EAT MORE AND LOSE: FIBER AND OBESITY

It's a fantasy as old as the hills: to be able to eat as much as you want—even to stuff yourself—without gaining weight. Well, it may not be a fantasy after all, because even if you overindulge in high-fiber foods, you almost can't help but lose.

1. Most fiber foods are not calorically dense. That means that you can eat an orgy of fruits and vegetables without getting many calories.

2. Fiber foods take up a lot of room. You'll feel full on fruits and vegetables before you take in a lot of calories. In one study, people were allowed to eat as much as they pleased with one stipulation. Half the people ate only high-fiber foods. The other half ate only low-fiber, calorically dense foods. The people eating the high-fiber foods were fully satisfied while taking in only *half as many calories* as the people eating their fill of low-fiber foods.

3. Fiber foods sneak calories out of your body. In a study by June Kelsay, Ph.D., a research nutritionist at the BHNRC, men on a high-fiber diet excreted 150 calories per day more than men on a low-fiber diet of equal calories. The source of the fiber? Fruits and vegetables.

4. Some fiber foods slow down your digestion. When food stays in your stomach longer, you feel full longer.

5. Fiber foods need chewing. That gives your body time to get the message that you've had enough to eat. Also, chewing is hard work, so you're likely to eat less.

FIBER FOODS CURE CONSTIPATION

No argument here. If you have a problem with constipation, adding fiber to your diet will almost certainly help.

Study after study has shown that fiber speeds the movement of stool through the intestines. Why? Fiber has the ability to attract and hold on to water. It makes the stool softer and easier for your intestines to move along.

"It's a very fundamental and simple thing," says Dr. Kelsay. "Yet I don't think there's any question that preventing constipation is important to all of us."

Claims that fiber can prevent hemorrhoids and diverticulitis all center around the ability of fiber to make bowel movements easier. There's no conclusive evidence yet for these claims. But many people find some relief from hemorrhoids with a high-fiber diet.

If constipation is a problem for you, look to the insoluble fibers to do the trick: cellulose, hemicellulose and lignin. They're found in whole grains, fruit, vegetables and dried beans.

Continued on page 119

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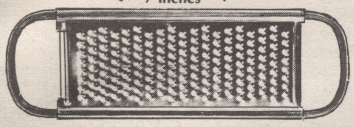

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Vitamin D	400 IU.	100%
Vitamin C (plus Rose Hips)	250 mg.	417%
*Vitamin E (Natural)	150 IU.	500%
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Vitamin B-2 (Riboflavin)	50 mg.	2941%
Niacinamide	100 mg.	500%
Vitamin B-6 (Pyridoxine)	50 mg.	2500%
Biotin	300 mcg.	100%
Folic Acid	400 mcg.	100%
Vitamin B-12	50 mcg.	833%
Pantothenic Acid	100 mg.	1000%
Para Amino Benzoic Acid	50 mg.	*
Inositol	250 mg.	*
Choline Bitartrate	250 mg.	*
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%U.S.RDAs-Percentage of U.S. Recommended Daily Allowance for Adults and Children (4) four or more years of age.

*Need in human Nutrition not established.

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Vitamin B-2	50 mg.	2.941
Vitamin B-6	50 mg.	2.500
Vitamin B-12	50 mcg.	8.33
Niacinamide	50 mg.	250
Folic Acid	0.4 mg.	100
Pantothenic Acid	50 mg.	500
Choline (Bitartrate)	50 mg.	*

and the following which no special claims are made: Inositol 50 mg. Yeast, Alfalfa, Watercress, Parsely, Lecithin, *U.S. RDA has not been established.

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Vitamin B-12	100 mcg.	1667
Niacinamide	100 mg.	500
Folic Acid	0.4 mg.	100
Pantothenic Acid	100 mg.	1000
Choline Bitartrate	100 mg.	*

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Continued from page 114

QUEST FOR FIBER

Is there any fiber in what you're eating? If it's a plant food, yes. Fiber lurks in everything from vegetable soup to nuts. Check the chart below for some representative amounts.

TOTAL DIETARY FIBER

VEGETABLES

	(GRAMS)		(GRAMS)
Leek, cooked, 1 medium	3.97	Turnips, cooked, mashed, ½ cup	1.50
Kale, cooked, 1 cup	3.89	Cauliflower, ½ cup	1.34
Corn, cooked, ½ cup	3.85	Onions, cooked, ½ cup	.84
Brussels sprouts, cooked, ½ cup	2.81	Green peppers, ½ cup	.79
Tomato, 1 medium	2.09	Cabbage, ½ cup	.75
Carrot, 1 medium	2.03	Spinach, ½ cup	.50
Broccoli, ½ cup	1.58	Celery, 1 stalk	.40

FRUITS

Raisins, ½ cup	4.93	Peach, 1 medium	2.00
Pear, 1 medium	4.53	Tangerine, 1 medium	1.68
Blackberries, ½ cup	4.46	Strawberries, ½ cup	1.61
Prunes, 5 fruits	4.03	Cantaloupe, cubed, 1 cup	1.60
Orange, 1 medium	2.80	Grapes, seedless, ½ cup	1.10
Banana, 1 medium	2.66	Grapefruit, ½ fruit	1.08
Apricots, 3 fruits	2.01		

GRAINS (GRAMS)

Oat bran, uncooked, ⅓ cup	7.78	Whole-wheat bread, 1 slice	1.65
Oatmeal, uncooked, ⅓ cup	3.06	Rye bread, 1 slice	1.39
Wheat bran, 2 tablespoons	2.70		

BEANS (GRAMS)

Kidney beans, ½ cup	8.98
Pinto beans, ½ cup	8.93
Split peas, ½ cup	5.00

NUTS (GRAMS)

Peanuts, ¼ cup	3.40
Brazil nuts, ¼ cup	2.69

IS FIBER TYING UP YOUR MINERALS?

You may have wondered with some concern about reports that fiber interferes with mineral absorption. What's the story?

Some studies have shown that high-fiber foods may decrease the availability of calcium, magnesium, zinc and iron. There's a problem with the research, though. It's the same problem that plagues the research on fiber and cancer: It's hard to sort out the effects of fiber from the effects of other components in high-fiber foods.

Take wheat bran, for instance. It contains a substance called phytate. There's reason to believe that phytate is responsible for tying up the minerals. Or that a combination of fiber and phytate is responsible. In spinach, oxalic acid may be the culprit. In any case, scientists think the responsible parties combine with minerals to make complexes that your body can't absorb.

"There *is* some effect," says Eugene Morris, Ph.D., a research biochemist at the BHNRC. "We're just not sure yet how great it is or exactly what is causing it." Dr. Morris and Dr. Kelsay have done much of the research in this area.

So is this something you should be concerned about? "If you take in too much fiber and too little minerals, it might be a problem," explains Dr. Kelsay. "But there's some suggestion that over a period of time, your body adjusts to this decreased availability. So there is probably no adverse effect even when eating 30 to 35 grams of total dietary fiber a day. It would be hard to eat any more than that because of the volume of food you'd have to consume."

Dr. Morris agrees. "It's my opinion that if you're eating a lot of fiber, you should make sure you're also consuming at least the Recommended Dietary Allowance (RDA) of minerals. If you're getting enough minerals to start with, you're probably safe."

EASING INTO FIBER EATING

Has the fiber revolution been passing you by? If you're ready to give it a try, you may want to take it easy on your system and get started in a gradual way, because it takes a little while for your innards to adapt to a high-fiber diet. Of course, you won't hurt yourself by jumping right in. It's just that you might feel a little uncomfortable at first ("What's all this rumbling and grumbling in my gut?"), and you don't want to be discouraged right off the bat. So try phasing it in over a week or more, until you find a level that's comfortable for you. And here's another tip: If you add bran to your diet, drink more water to keep things humming along. ■

—EDITED BY SUSAN ZARROW

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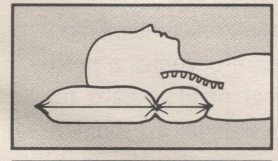

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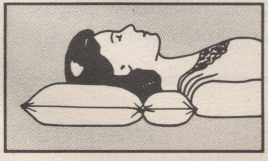

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All About Cataracts

The sight-impairing condition that comes with aging can be corrected surgically and, in some cases, prevented.

Your eyes don't see. Your brain sees. The eyes are merely the collectors of signals that are passed along to the brain for processing into images, much the same way the rooftop antenna receives airwaves that your television turns into pictures.

But the reception, in both cases, can become foggy and adjustments necessary. With the antenna it could be as simple as shooing the pigeons away. With your eyes, it may mean surgery. In fact, if you're over 40, there's a high likelihood that your slowly fogging vision may be due to cataracts, the third-leading cause of blindness and an almost inevitable part of aging. Each year more than 700,000 people develop cataracts, while this year more than 1 million sight-impaired people will have their cataracts surgically removed.

Not to worry, though, even in the face of such imposing statistics. Cataract surgery has been refined to the point where it's one of the safest operations around, successfully restoring vision 95 percent of the time.

More good news: There's even a hint of a possibility that cataracts may be preventable in some cases, or at the least, the loss of vision may be slowed and surgery delayed.

BY TOM SHEALEY

A GRADUAL PROCESS

The lens of the human eye consists of an outer capsule, or casing, filled with growing lens fibers in layers, almost like an onion. As new fibers form on the outer layers, the older fibers are compressed. This, along with chemical changes that occur naturally during aging and years of exposure to ultraviolet radiation in sunlight, contributes to clouding of the lens, and a cataract is formed. One of every two people over age 40 develops what are called senile cataracts.

The early symptoms are subtle. Colors may seem dull, glare becomes a problem, and driving at night is hard because oncoming headlights are momentarily blinding. Eventually sight deteriorates to the point where the world

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looks like you're walking through heavy fog or clouds.

The cloudy lens cannot be made clear again. In the early stages, you'll probably be able to continue your normal routine, especially if only one eye is affected. In time, the condition will worsen, and you'll have only one choice: surgery. Whether it's one eye or both, no eye exercises, laser treatments or eye drops will reduce the cloudiness.

The word "cataract" used to make its victims shudder, since it meant surgery and hospitalization for a week or more, part of the time with the head immobilized between sandbags to avoid the slightest jarring. That was followed by a prescription for pop-bottle-bottom-thick glasses, or contact lenses that often weren't well tolerated.

Today cataract surgery is usually a one-day procedure—barring complications—and you're home for your evening meal. In fact, it has become so routine that many patients approach it too lightly, according to Julius Shulman, M.D., a New York ophthalmologist, assistant professor at Mount Sinai Hospital, and author of *Cataracts, The Complete Guide—From Diagnosis to Recovery—For Patients and Families* (Scott, Foresman and Company Publishers, 1985). "Because of the success rate and the fact that it's done on an outpatient basis, people aren't as afraid as they used to be. Too many people take it lightly and don't consider it any more serious than a trip to the dentist. But this is a major eye operation, and it should be approached cautiously after considerable thought. Always keep in mind that it's your decision based on your own symptoms. And don't assume that all eye surgeons are equally qualified, because they're not. Some are better at cornea or retina surgery than cataract surgery."

Complications from surgery, if they develop, usually appear within 24 hours, says Virginia Lubkin, M.D., an ophthalmic surgeon for 40 years, attending ophthalmologist at the New York Eye and Ear Infirmary, and associate clinical professor at Mount Sinai School of Medicine. "That's the minimum I would like my patients to spend in the hospital, but some insurance programs won't pay for a room overnight."

FEWER COMPLICATIONS

To remove the cataract, surgeons used to routinely perform the intracapsular technique, in which the entire lens—a jellylike core within the rubbery capsule—was removed in one piece. You were later fitted with the thick cataract eyeglasses or contacts that ride on eye surface tears.

These days, however, the majority of cataracts are removed with the extracapsular technique. "I've done all of the procedures, but the extracapsular method is the safest because it has the smallest percentage of complications," says Dr. Lubkin.

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MEDICAL UPDATE

"It's the method of preference," says David Bogorad, M.D., senior staff ophthalmologist at Henry Ford Hospital in Detroit. "The front part of the capsule is opened, the lens is gently removed and any remaining material is suctioned out. The capsule is left intact, which allows the implant to go behind the iris and more nearly maintains the natural configuration of the eye."

In about 90 percent of the cases, people with cataracts are opting for implants, says Dr. Bogorad. "Unlike contacts and glasses, the implants are maintenance-free."

Implants, or intraocular lenses, are plastic lenses about 6 millimeters in size that are slid into the capsule behind the iris usually as soon as the cataractous lens is removed. A stitch or two is needed to close the opening. With the less popular intracapsular method, an implant can still be used, but it must be placed in front of the iris. That is a more difficult procedure, with a greater chance of complications.

The preference for implants has had somewhat of a negative impact on phacoemulsification, a type of extracapsular surgery that its originators hailed as the next breakthrough in cataract removal. A titanium needle vibrating back and forth about 40,000 times a second breaks the cataract into tiny pieces, almost liquefying the lens with ultrasonic vibrations. The fragments are then sucked out through an incision that's

several millimeters smaller than the one made for the extracapsular procedure. The bottom line is supposed to be faster healing time.

The disadvantage comes when the patient chooses an implant, because that oh-so-small incision has to be widened to accommodate the larger synthetic lens. "Flexible implants are being developed, and if perfected we'll be able to bend them and slide them in the smaller incision. But until that time phacoemulsification will be a riskier and less popular procedure," says Dr. Shulman.

THE NEED FOR EYEGLASSES

Because the implant can't focus like the natural lens did, spectacles will probably be needed after surgery. "Despite our best efforts, there may be a small amount of astigmatism, or of nearsightedness or farsightedness, so we tell patients before surgery that they may need glasses in some instances," says Dr. Bogorad. "They usually don't mind, though, because they're willing to put up with glasses if it means getting their sight back." Adds Dr. Lubkin, "Contacts may be used in some cases, but they are more a nuisance for people in this age-group."

Implants aren't for everyone with cataracts, however. The plastic lenses are usually restricted to people about 50 years of age or older. "The track record shows that implants are excellent for at least 30 years, but after that, we don't

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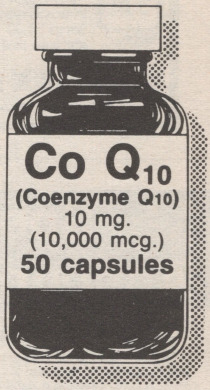

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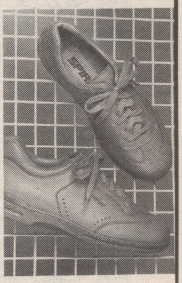

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MEDICAL UPDATE

know what changes, if any, occur," says Dr. Bogorad. "With younger people, we usually recommend contacts."

There are other factors that could rule you out as an implant recipient. If you have problems with the initial cataract-removal surgery, you may have to settle for glasses or contacts. Cornea or iris problems, or a history of retinal disease, may also disqualify you from considering implants.

While most people walk away from the procedures with at least 20/40 vision, which is considered safe for driving in most states, many realize perfect 20/20 vision, adds Dr. Shulman.

In the months and years following extracapsular surgery, there's a 20 to 30 percent chance that the back of the capsule will cloud over. This is when a laser may be used. "People mistakenly think that cataracts can be burned out with a laser, but it's not possible. The laser is a secondary tool used months or years after the initial surgery. A few bursts are used to open a hole in the clouded capsule, which results in an immediate vision improvement," says Dr. Shulman. Where a laser isn't available, the clouded part of the capsule is surgically opened.

After surgery and follow-up visits to an ophthalmologist, there's something you should know. Sunlight and some forms of artificial light contain ultraviolet (UV) radiation, which may damage the retina, the sensitive inner lining of the eye that holds nerve fibers used for

seeing. Your natural eye lens protected the retina from this radiation, but it was removed during surgery.

SHIELDING YOUR EYES

What you need is some form of radiation shield between your eyes and the sun, and this is where eye wear is crucial. "Ordinary glass or plastic eyeglasses and sunglasses don't provide the needed UV protection," says Donald Pitts, O.D., Ph.D., a researcher at the University of Houston's College of Optometry. "There are special clear or tinted lenses that must be worn."

The UV-filtering glasses can be specially made by an optician or may be purchased off the rack. (Some of the newer implants have built-in UV protection, but the older models don't. Contact lenses offer no protection, either.)

"If you buy eyeglasses in a store, make sure they are designated Z80.3," which means they have met federal standards for UV protection, says Dr. Pitts. "These glasses filter out 95 percent of harmful radiation."

Wearing these glasses when outdoors may also slow the formation of some cataracts. "It's not only a good idea, it's necessary, in my opinion," says Dr. Pitts. "You can protect yourself from a lot of damaging radiation by wearing the right glasses. But you shouldn't wait until you reach age 40. Young people in their 20's should wear UV-protecting eyeglasses to prevent early damage." ⇛

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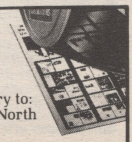

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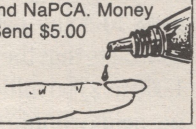

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Dr. Bogorad adds that buying inferior sunglasses without adequate UV protection is not a good idea. "Because sunglasses darken the area in front of the eyes, the pupils dilate, so even more radiation than normal could get in. It's not wise for any eyes, regardless of whether you've had cataract surgery, to be exposed to excess UV radiation."

'You can protect your eyes from a lot of damaging UV radiation by wearing sunglasses.'

Although the research is still in the embryonic stages, nutrition may become another means of preventing cataracts. U.S. Department of Agriculture scientists at Tufts University Human Nutrition Research Center on Aging, in Boston, have found preliminary evidence that some vitamins and minerals may guard the eye lens from the damaging action of sunlight and oxygen.

Working with laboratory animals, the researchers report that dietary vitamin C seems to concentrate in some eye lenses, preventing sun and oxygen from oxidizing proteins that might otherwise be involved in cataract formation. These workers are also trying to determine the role of other antioxidants and cofactors such as vitamin E, manganese, zinc and magnesium.

If all goes well, dietary recommendations that could extend the life of the eye lens may be forthcoming within the next few years.

Although the connection between diet and cataracts hasn't yet been solidly established, some doctors are making recommendations based on the available information. Charles Kelman, M.D., one of the nation's premiere ophthalmologists and inventor of several widely used surgical techniques, advises some of his patients to consider taking vitamin C. In his book *Cataracts: What You Must Know About Them* (Crown, 1982), he cautions that "this is not a scientific recommendation," then goes on to say that he "suggests to some patients with beginning cataracts that they take anywhere from 1,000 to 2,000 milligrams a day of ascorbic acid (vitamin C)."

Considering the strides made so far, perhaps it's conceivable that someday medical science will come up with a way to predict whose sight will be affected by cataracts. Presently, there's no way to tell. If you have diabetes, an enzyme deficiency, have been taking cortisone for a long time, suffer an eye injury, or have a family history of cataracts, your chances are slightly higher than the general population. But in most cases, you just have to wait and see. ■

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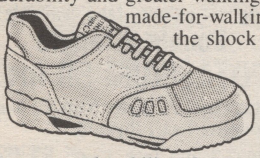


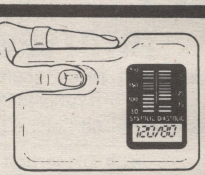
#22 Men's, 6½-13 ..... **$49.95**
#23 Women's, 4-11 ..... **$49.95**

Abdominal & Back Support

10¼"-wide elastic band gives the firm support you need, controls sagging, slumping, and keeps you in slim trim shape. You walk or sit freely, comfortably. Velcro® closure adjusts to waist sizes 28 to 42. Hand washable.

#7-7720 ..... **$9.95**

One Touch Cuffless Blood Pressure Monitor



Now monitor your pressure through your finger! The **Cuffless Blood Pressure Monitor** provides precise measurements of systolic and diastolic readings by just slipping your finger into the ring and flipping the switch. Get an accurate reading in less than one minute. • Large easy to read digital and bar graph display. • Gives blood pressure and pulse readings • Fits any size finger. • Compact—easily fits into purse or briefcase. Comes with storage pouch. Uses one 9-Volt battery (not incl.)

#1263-1 ..... **$69.95**

Relieve tension get a good night's sleep!

A chiropractor designed the remarkable **Neck Ease Pillow.** It supports your head and neck properly whether you sleep on your back or side. Foam filled, non-allergenic. Cotton cover. 14"x17".

#7-3014..... **$13.75** ..... 2 for **$24.95**

25-MILE PEDO-METER

Clip it to your belt and know exactly how much you walk each day. Accurately measures and records distances up to 25 miles. Features easy-to-use stride adjustor. Weighs only 3 oz. In tough, shock resistant case. Made in U.S.A.

#2-0150 ..... **$14.95**

Barth's
OF LONG ISLAND, DEPT. M7K1
WESTBURY, N.Y. 11590

USE TOLL FREE CHARGE CARD ORDER SERVICE CALL 800-645-2328 (Minimum charge order $15)

SEE BARTH'S PRODUCTS ON PAGES 133-136
USE HANDY ORDER FORM ON PAGE 136

Health and Home

by Eleanor Levitt

Calcium helps reduce blood pressure

Cutting salt from your diet is considered the first step in reducing blood pressure. Some research studies have shown, however, that increased Calcium is even a bigger help to some hypertensives. 1000 to 1500 mg. a day is recommended. For best results try a Calcium supplement that includes Vitamin D, the nutrient that helps the body absorb Calcium.

Only Barth's has Tryptophane with 3 companion nutrients to help you sleep!

Tryptophane provides safe, calming effects that contribute to restful sleep. Research shows it works best when Niacin and B-6 are present. Only Barth's **Trypto-Best Tablets** (#1986-1) supplies 200 mg. of L-tryptophane with its 2 "helper" vitamins, plus Nucleic Acid (a vital part of all living cells). Order 50 for $4.28 (reg. $9.50), or 2 × 50 for $8.55 (reg. $19.00).

At last! . . . a safe, natural way to clear your skin of ugly warts!

Unsightly warts anywhere on your body can be removed painlessly with Barth's new **Natural Wart Remover Gel** (#2-3858). Use as directed. Gentle calcium pantothenate, Vitamin C and starch won't sting, blister or scar surrounding tissue (making it safe for diabetics). Save 55%. Order one ½ oz. tube for just $1.33 (reg. $2.95), or 2 for $2.66 (reg. $5.90).

Double potency of trace minerals in the ultimate alfalfa seed supplement!

For years Barth's Alfa-Con, from **seeds** only, has been the most potent alfalfa supplement — providing a higher concentration of valuable trace minerals than ordinary tablets made from cheaper leaves and stems. Barth's new **Super Alfa-Con 1000 mg. Tablets** — with **double** the trace mineral potency — is the ultimate alfalfa formula. Order 100 (#1222-1) for just $1.78 (reg. $3.95); 500 (#1222-3) now $7.43 (reg. $16.50).

Even doctors endorse chicken soup!

They recommend the warmth and relaxation it brings. But you don't have to be sick to enjoy Barth's 100% natural **Instant Chicken Soup** (#2-5081) made from farm-fresh vegetables and chicken. NO cholesterol, NO preservatives, less than 25 calories a serving, and old-time soup kettle flavor. 12 oz. jar (36 servings) $4.88 (reg. $6.50); 2 jars $9.75 (reg. $13.00).

"Twin" amino acids may help lower pain and "lift" your spirits!

Essential Phenylalanine comes in two forms. Scientific research suggests that the "l" form may aid in offsetting depression, and that the "d" form may help in pain relief. Barth's **Phenylplex** (#1402-1) supplies 200 mg. of each form in a single captab. Order 50 for just $4.28 (reg. $9.50); or 2 × 50 for $8.56 (reg. $19.00).

Get rid of unwanted hair — naturally

Embarrassed by hair on your arms, legs, underarms? Apply Barth's **Hair Blocker** (#2-7575) daily on skin areas you want to keep clear of hair. Safe, gentle chamomile, comfrey and other natural ingredients gradually block hair growth at the roots. End unwanted hair problems without electrolysis or chemical depilatories. Order a 3 oz. roll-on applicator bottle for just $3.13 (reg. $6.95); or 2 for $6.26 (reg. $13.90).

Acidophilus and Pectin — a super team!

Many doctors recommend acidophilus along with antibiotics because they know these drugs can destroy good bacteria as well as bad, often causing diarrhea and "yeast infections." Acidophilus is a source of "good" intestinal bacteria needed for proper digestion and regularity. In Barth's **Acidophilus with Pectin Captabs** you also get 100 mg. of the fruit fiber that's a companion digestive aid and helps in lowering cholesterol. Order 100 (#1273-1) for only $1.58 (reg. $3.50); or 250 (#1273-3) for just $3.51 (reg. $7.80).

To order these products use the order form on page 136, or call TOLL-FREE 800-645-2328 (in N.Y. 800-553-0353) on charge card orders of $15 or more.

Eleanor Levitt

865 Merrick Avenue, Dept. M7KI
Westbury, N.Y. 11590

Barth's SAVE up to 75% Order Today by Mail or Phone

NEW Helps cut cholesterol and appetite too!

GUAR GUM Tabs

Amazing seed fiber helps lower blood sugar and insulin levels, promotes colon health.

#1676-1—300 Tabs ..... ~~$14.95~~ $6.73
2x300 ..... ~~$29.90~~ $13.46

NEW

Co-ENZYME Q10 (CoQ) Captabs

10 mg. of the natural "spark" for your heart, body cells, nerves and muscles.

#1701-1—50 Captabs..... ~~$9.75~~ $4.39
2x50 ..... ~~$19.50~~ $8.78

NEW

FIBER-CAL Tabs

500 mg. oat bran fiber for a healthy colon, 500 mg. calcium for strong bones, in 1 tab!

#1925-1—60 Tabs..... ~~$6.95~~ $3.13
2x60 ..... ~~$13.90~~ $6.26

CHELATED MAGNESIUM 100 mg. Tabs

Helps soothe nerves, metabolizes fats.

#1295-1—100 Tabs ..... ~~$3.75~~ $1.69
#1295-3—250 Tabs ..... ~~$7.90~~ $3.56

L-TRYPTOPHANE 500 mg. Tabs

Natural aid to induce restful sleep

#1170-1—60 Tabs ..... ~~$14.50~~ $6.53
2x60 ..... ~~$29.00~~ $13.06

NEW Extra fish oil power to help reduce cholesterol and risk of heart disease!

MAGNA-EPA 600 Softgels

600 mg. EPA & DHA fatty acids. Get heart-helping benefits of the famous Eskimo diet with no fishy taste or aftertaste!

#1016-1—50 Caps ..... ~~$9.95~~ $4.48
2x50 ..... ~~$19.90~~ $8.96

Hi-C-PLEX 500 Tabs

500 mg. Vitamin C plus Bioflavonoids

#1906-1—100 Tabs ..... ~~$6.95~~ $3.13
#1906-3—250 Tabs..... ~~$14.50~~ $6.53

100% BETA CAROTENE 25,000 I.U. Softgels

15 mg. Vit. A "protector" activity.

#1777-1—100 Caps ..... ~~$4.50~~ $2.03
2x100 ..... ~~$9.00~~ $4.06

COLLAGEN/PLACENTA Skin Cream

Now middle aged skin can look young again!

#2-7669—2 oz .... ~~$6.00~~ $1.50
SAVE 75%—LIMIT 2

SAVE 75%

SUPER CRANBERRY 6000 Softgels

5x more potent cranberry juice concentrate for better acidic effect in urinary tract.

#1208-1—60 Caps ..... ~~$9.75~~ $4.39
2x60 ..... ~~$19.50~~ $8.78

USE THIS HANDY ORDER FORM FOR RUSH SERVICE ON ALL BARTH'S PRODUCTS SHOWN ON PAGES 133-136.

ORDER FORM

Barth's Dept. M7K1, 865 Merrick Ave., Westbury, N.Y.11590

Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Phone Number ( ) _____

Charge Order: ☐ VISA ☐ MasterCard Exp. Date _____

Charge Card No. _____

Signature (For Charge Card Orders) _____

Prod. #	How Many	Name of Product	Size	Price	Total

Attach a separate sheet to order additional products.
MINIMUM ORDER of $15 on charge orders (due to higher cost of processing)

M7K1

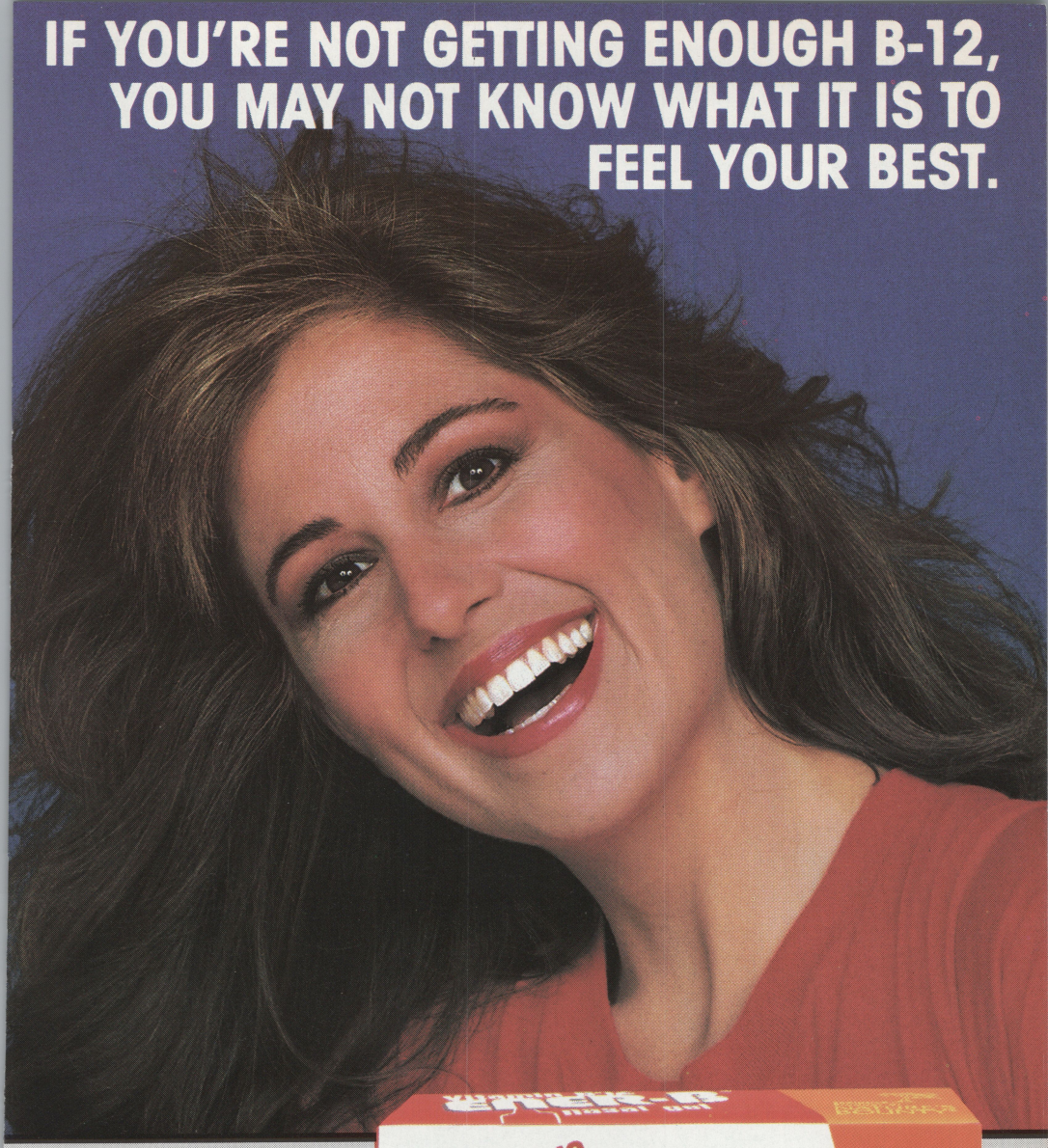
Shipping and Delivery	$1.00
Processing Charge on Orders Under $10 Only	$1.50
Amount Enclosed	$

Instant Ordering!
CALL TOLL FREE
800-645-2328
24 Hour Service.
in New York Call
800-553-0353
Please have credit card ready.

MasterCard VISA

100% MONEY BACK GUARANTEE
Thank you for your order. Every item is fully guaranteed to please you or your money will be refunded at once.

IF YOU'RE NOT GETTING ENOUGH B-12, YOU MAY NOT KNOW WHAT IT IS TO FEEL YOUR BEST.



Vitamin B-12 is essential to life, but, for many, it's hard to absorb. Even oral supplements might not help you feel your best if you're not properly absorbing B-12. But with ENER-B nasal gel, B-12 starts to enter your bloodstream within minutes — providing more B-12 faster than conventional tablets.

GET A BURST OF B-12. GET ENER-B®.

Available at health food stores and fine drug stores.

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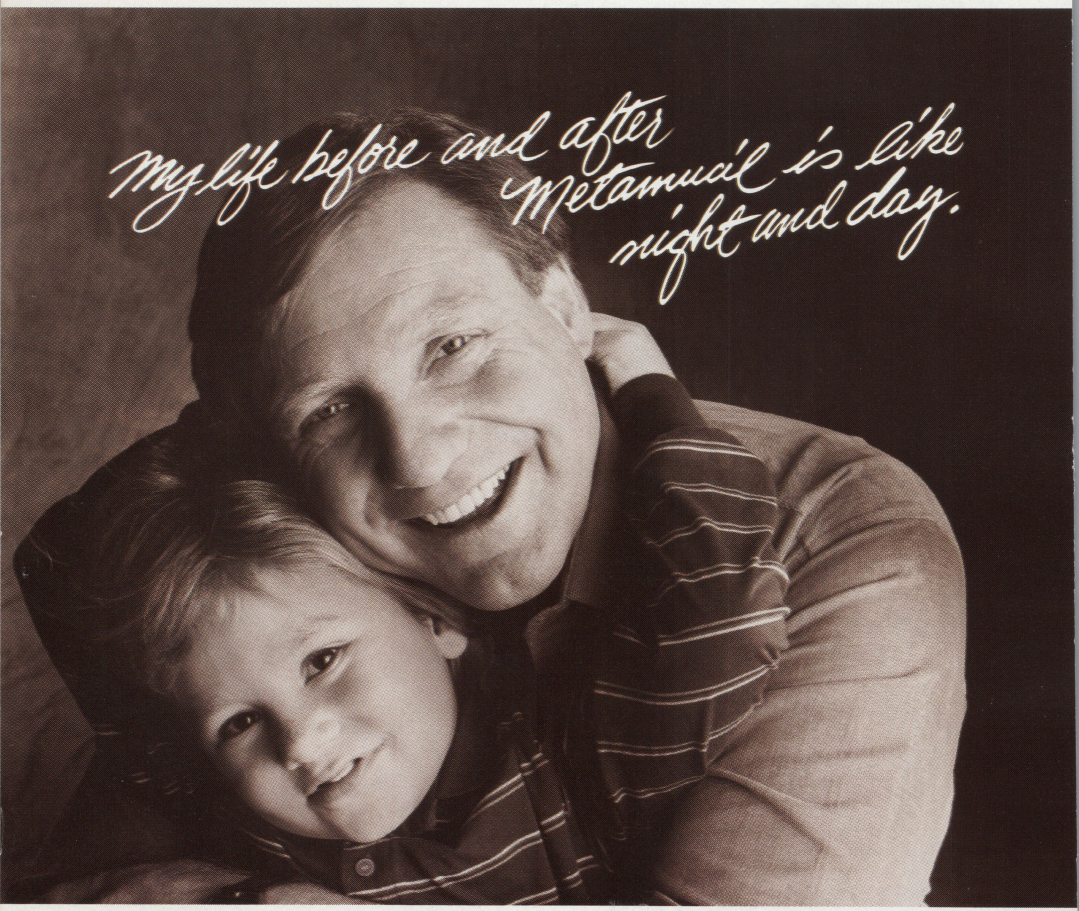

"My family can tell you — before Metamucil, I was edgy and uncomfortable from one day to the next. After, well, it's like this big weight has been taken off my shoulders."

Overcoming irregularity makes the difference.

Frequent irregularity is often caused by a lack of fiber in your diet.

That's why you need Metamucil — natural therapeutic fiber doctors recommend by name.

Stay regular for the rest of your life.

Metamucil offers the long-term solution to irregularity. Because it's made of safe, natural fiber.

And Metamucil is so effective–used daily it not only restores regularity, it can help keep you regular for the rest of your life.

And it frees you from relying on harsh, chemical laxatives. Since they're not fiber, they only offer a temporary solution.

No wonder so many people prefer life after Metamucil.

Metamucil.

And you could be regular for the rest of your life.